SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 26

Vancouver metro

Your essential daily news | THURSDAY, NOVEMBER 5, 2015 | High 10°C/Low 7°C Cloudy

BOOK EXCERPT
RAINN WILSON PLAYS HIS COMEDIC INSTRUMENT
metroLIFE

LIBERAL CAUCUS

Rookie MP brings hope to chiefs

Matt Kieltyka
Metro | Vancouver

The appointment of Vancouver Granville MP Jody Wilson-Raybould as the country's Minister of Justice and Attorney General is a "breath of fresh air", according to the Union of British Columbia Indian Chiefs.

Although she's a rookie member of parliament, Wilson-Raybould has an extensive background as a former Crown prosecutor, B.C. treaty commissioner and regional chief of the Assembly of First Nations.

UBCIC Grand Chief Stewart Phillip said her appointment, made by new Prime Minister Justin Trudeau, is marked by hope among First Nations communities.

"I think it bodes well for the indigenous people in this country that Jody Wilson-Raybould is Minister of Justice. I'm not known for being an optimist, but I'm optimistic today," said Phillip. "Having spent the last 10 years battling with the Harper government, it's a breath of fresh air. I'm certainly going to be supportive."

Wilson-Raybould's experience means she has intimate knowledge of — and respect for — Aboriginal land claims, treaties, court decisions recognizing First Nation's legal rights, Phillip said.

Her appointment also means she can champion for a federal inquiry in missing and murdered women, he said.

Canada's leader

Trudeau makes pledge to the people on historic day

Prime Minister Justin Trudeau and his family lead the new Liberal cabinet to Rideau Hall in Ottawa on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

elevate your small business banking.
The no-monthly fee* eAccount for business
■ No minimum balance required ■ Save on electronic transactions
Visit rbc.com/elevate or call 1-866-826-3335
RBC
® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. * Fees and charges apply for services and transactions not included in the monthly account package.

Sweater
$19.99
H&M

metro NEWS
Your essential daily news

A drug trafficking probe in Honduras has uncovered thousands of starving crocs. **World**

Vancouver energy plan means big push for passive housing

RESOURCES

Council OKs 100 per cent renewable energy by 2050

Emily Jackson
Metro | Vancouver

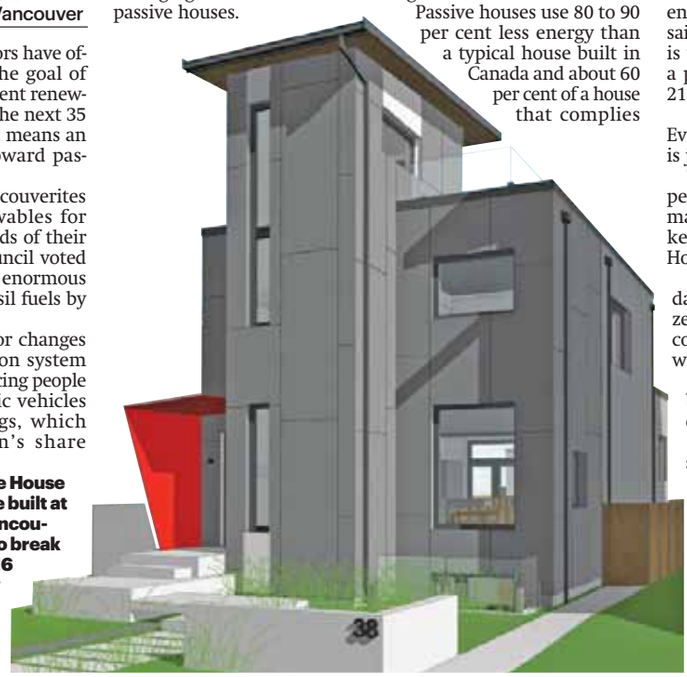
Vancouver councillors have officially approved the goal of shifting to 100 per cent renewable energy use in the next 35 years — a plan that means an aggressive push toward passive houses.

As it stands, Vancouverites rely on non-renewables for more than two thirds of their energy use, but council voted Wednesday to take enormous steps to give up fossil fuels by 2050.

That means major changes to the transportation system — including convincing people to switch to electric vehicles — and to buildings, which consume the lion's share of the city's energy.

Heating buildings with natural gas accounts for approximately 45 per cent of all energy used in the city, compared to 24 per cent for transportation fuels, according to the newly minted Renewable City Strategy.

The strategy recommends weaning off natural gas by encouraging the construction of passive houses.



The Beacon Passive House by One SEED will be built at Main and 21st in Vancouver. It is expected to break ground in early 2016 after acquiring city permits. COURTESY ONE SEED ARCHITECTURE + INTERIORS

> **Over the life of the house, energy costs almost nothing.**
> Allison Holden-Pope, architect, One SEED Architecture

A Certified Passive House (a European standard) is super insulated and built with an incredibly thick envelope including walls, floors and windows.

Passive houses use 80 to 90 per cent less energy than a typical house built in Canada and about 60 per cent of a house that complies with Vancouver's new, green building code, explained Allison Holden-Pope, architect at One SEED Architecture.

"Over the life of the house, energy costs almost nothing," said Holden-Pope, whose firm is working to get permits for a passive house at Main and 21st Avenue.

"It makes so much sense. Everybody who learns about it is just hooked on it," she said.

The buildings are more expensive, but don't require as many mechanical systems to keep them up and running, Holden-Pope said.

By 2030, the city will mandate all new buildings meet zero emissions standards. (That could include passive houses with solar panels.)

It also wants to retrofit old buildings to improve energy efficiency.

That will be a challenge since many buildings need deep upgrades, green building manager Sean Pander wrote in an email.

It's not exactly clear how the city will force landlords to fork over the cash to do this, but they are already working with landlords to formulate a plan, Pander said.

This house at 3322 Adanac St. is expected to become the first certified passive house in Vancouver. Other houses are in the certification process, but this house known as Casa Luca will likely be first. JENNIFER GAUTHIER/METRO

This could involve financing tools or a shift to hydro instead of natural gas. This will involve expanding neighbourhood energy systems and close work with B.C. Hydro.

You want a better life. Job satisfaction. Financial security. Respect. You want to help others.

Administrative Careers in Hospitals

Nursing Unit Clerk Nursing Unit Clerks are the coordinators of patient care departments. The average wage for Stenberg grads is $21.40/hr. plus 12.2% in lieu of benefits.

Hospital Support Specialist Train to work as an Admitting/ Registration Clerk; Health Records Clerk, Diagnostic Imaging Clerk; Hospital Switchboard Operator, Medical Secretary and more. Entry level wages from $18.16 - $21/hr.

Medical Office Assistant Train to work in doctor's offices, walk-in clinics, billing and medical insurance companies, and other healthcare organizations.

STENBERG COLLEGE 604-580-2772 • www.stenbergcollege.com

You are invited to an
INFORMATION SESSION
Wednesday November 18th, 2015
7:00 pm – 9:00 pm
Stenberg College
Suite 750-13450 102nd Ave, Surrey
(Central City Tower)

All attendees will receive $250 bursary
Please RSVP to
rsvp@stenbergcollege.com or by tel: 604-634-0384

Police canine hangs tough with handler

SOCIAL MEDIA

Picture of would-be rappelling dog goes global

Thandi Fletcher
Metro | Vancouver

Training to be an officer isn't for the faint of heart, but for a Vancouver police dog, it proved to be particularly ruff.

The Vancouver Police Department posted a photo on social media showing police service dog Niko in a harness while clinging to his human partner's leg while the pair rappel down the side of a building. The image, which was shared on Oct. 22, is making international headlines this week and barking up a storm on social media.

"Hey dad… This rappelling? Yuh, I'm not a fan," the photo caption reads.

Const. Sandra Glendinning, spokeswoman for Vancouver police, said the image was snapped while the five-year-old German Shepherd was attempting his first rappel from a five-storey building — his highest elevation yet — with his handler.

"When they came over the ledge and they started going down, he was fine for the first little bit," she told Metro. "Then Const. Dan Ames, who is the handler in the picture, said he could feel the dog wrapping his front legs around his leg about two thirds of the way up, and the dog just kind of hung on."

After the photo was posted online, Glendinning said, she was not prepared to see it fetch such a strong response, setting a record as one of VPD's most popular images on social media.

"It's a great image that shows the bond between a handler and a dog," she said. "In this photo, you've got police service dog Niko, who is clearly depending on his partner 100 per cent, and there's a level of trust there."

Although Niko appears to be hanging on for dear life to his handler, Glendinning said the dog actually took to rappel training very quickly. By wrapping his legs around his handler, she said the dog was able to stabilize himself.

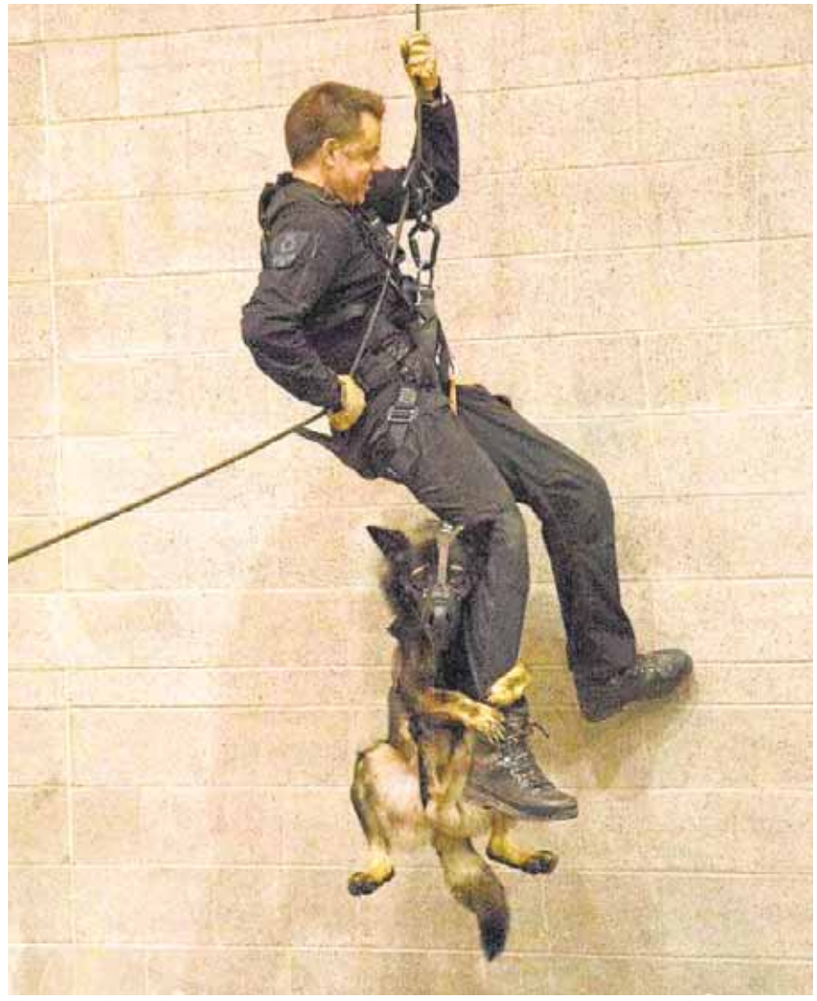
Once they both reached the ground, she said the pair played a game of tug of war. It wasn't long before the pooch, who has served as a police dog for three years, wanted to rappel down the building again, she said.

> **Niko … is clearly depending on his partner 100 per cent.**
> Const. Sandra Glendinning

This isn't the first time Niko has been the pick of the litter.

The fetching pup also appeared as "Mister June" in VPD's 2016 police dog calendar, which raises funds for the BC Cancer Foundation and BC Children's Hospital Foundation.

Now somebody throw that dog a bone.



Vancouver Police Department K-9 officer Niko clings to his handler, Const. Dan Ames, as they rappel down a building as part of a training exercise. FACEBOOK

CYCLING

City not pursuing licensing system

Emily Jackson
Metro | Vancouver

A Vancouver councillor's attempt to get the wheels rolling on a bicycle licensing program was rejected by city council Wednesday, much to the relief of cycling advocates who feared such a system could deter people from riding bikes.

Councillors struck down NPA Coun. Melissa De Genova's motion asking staff to analyze the potential for a licensing system that would include cyclist identification such as licence plates.

Instead, council asked staff to provide a memo on the best safety practices for pedestrians and cyclists, including enforcement measures. (Last year's budget promised $500,000 to crack down on bad cyclists and drivers.)

It also asked staff to outline how it will work with police to support the 529 garage program, a new online registration system meant to counter theft.

De Genova wanted staff to explore whether licensing would make it easier to return stolen bikes and help police catch badly behaved cyclists.

But other councillors said staff already explored the idea when they decided not to include bike licensing in the transportation 2040 plan. They noted other jurisdictions have studied the possibilities and found that licensing is expensive and ineffective.

HUB Cycling executive director Erin O'Melinn urged council not to look into licensing, which she said is "virtually non-existent" in cities with high cycling volumes. Instead, she encouraged councillors to pursue education as the best way to combat conflict.

VAZEE
There's more speed in all of us. Sleek. Fast.
Responsive. As you push your pace and amp up your effort, Vazee cheers you on.

new balance
vancouver
VANCOUVER 1158 Robson Street | 604 685 2281
NORTH DELTA 109 - 6345 120th Street | 604 501 1333
LANGLEY 1 - 19950 Willowbrook Drive | 604 514 0022

scratch & win

15TH ANNIVERSARY

SPECIAL EDITION

Set for Life

12 x $1000 A WEEK FOR 25 YEARS

9 TOP PRIZES TO GO. WILL YOU BE NEXT?

JORI BLACK
LANGLEY, BC

ANITA KALLBERG
NEW WESTMINSTER, BC

FRAN OLSON
COQUITLAM, BC

			4
5	6	7	8
9	10	11	12

bclc

Know your limit, play within it. GameSense

19+

METHADONE

B.C. lets clinics charge addicts: Lawyer

The B.C. government is allowing private methadone-dispensing clinics to charge recovering heroin addicts for drug treatment by taking money from their income-assistance cheques, claims legal action launched against the province.

Documents filed in B.C. Supreme Court on Wednesday advancing what could be a class-action lawsuit claim private methadone clinics demand $18.34 a month from people enrolled in the methadone maintenance program in exchange for treatment.

Lawyer Jason Gratl, acting on behalf of the representative plaintiff, Laura Shaver, said the money is paid automatically from their government-provided benefits.

"This scheme is deeply unethical," he said. "If the province wants to compensate doctors and pharmacists for additional hardship and troubles associated with the methadone program, they're free to do so, but they shouldn't do so on the backs of those least able to pay."

The documents claim that Shaver, who is addicted to heroin and unable to pay for treatment or counselling, signed a government-drafted Alcohol and Drug Fee Authorization Agreement "unwillingly and under duress" in order to receive methadone treatment from Yale Medical Centre in downtown Vancouver.

"This is not OK," said Adrienne Smith, a lawyer with the legal advocacy organization Pivot Legal Society, which aims to defend society's vulnerable and marginalized. "Medically necessary treatment should be provided without user fees."

The fee is not charged at publicly operated clinics, but space restrictions mean private clinics are sometimes the only option for methadone patients to access treatment, added Smith.

THE CANADIAN PRESS

Executive director Esther Rausenberg says more than 500 artists will take part in this year's visual-arts festival.

CONTRIBUTED

Crawl hits its stride

ART EVENT

More than 500 artists to open their studios to the public

Thandi Fletcher
Metro | Vancouver

With more than 100 new artists taking part in Vancouver's Eastside Culture Crawl, organizers say the annual arts festival kicking off this month promises to be bigger and better.

Esther Rausenberg, executive director of the visual arts event in the city's east side, said more than 500 artists in total will be opening their studios to the public during this year's festival.

"Sometimes bigger isn't always better," she said with a laugh. "For people who have been attending the crawl year after year — what I call dedicated 'crawlites' — they might find it a bit of a challenge, but I think they'll be so excited about the new artists."

Also new to this year's festival is expanded geographical boundaries. Previously, the crawl was bounded by Main Street and Victoria Drive north of First Avenue and the waterfront, but the event now includes studios up to Columbia Street.

Since the Eastside Culture Crawl began in 1997, the event has grown from 45 visual artists in three studio buildings and a few hundred visitors, to a four-day event attracting an audience of more than 25,000.

The event features a variety of visual artists, from painters to jewelers, to sculptors, furniture makers, weavers, potters, printmakers, photographers and glassblowers.

The Eastside Culture Crawl is free and runs from Nov. 19-22. For more information, visit culturalcrawl.ca

BIOTHERM
Beauty Gift from the Deep

FREE: Receive a 6-piece gift with any BIOTHERM purchase of $30 or more.
A value of $74.*
Ends November 22, 2015.

GIFT INCLUDES:
- Life Plankton Essence, 30 mL
- Biocils Anti-Chute, 30 mL
- Blue Therapy Day Cream, 15 mL
- Blue Therapy Serum-In-Oil, 10 mL
- Lait Corporel, 30 mL
- Cosmetics bag

HUDSON'S BAY CREDIT BONUS
Receive a $20 Savings Card with any BIOTHERM purchase of $75 or more when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card from Wednesday, November 4 to Sunday, November 8, 2015.** *Exclusively ours*

HUDSON'S BAY SAVE $20

HUDSON'S BAY

SHOP THEBAY.COM

Savings for all offers are off our regular prices, unless otherwise specified. *Before taxes. One gift per customer. While quantities last. Choices vary in store. Values are based on our per mL and/or g price for regular-sized products. **Before taxes. While quantities last. Redeemable on your next purchase of $100 or more before taxes when you use your Hudson's Bay MasterCard or Hudson's Bay Credit Card between November 4 to Sunday, November 22, 2015. Not redeemable on cosmetics or fragrance purchases. One card per transaction. Not to be combined with any other offer. Other exclusions apply. See store for details. Hudson's Bay, Hudson's Bay Credit, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. All rights reserved.

BioTouch Canada Permanent Makeup Inc. • Training • Supply • Service

BioTouch Canada

Models Needed
Permanent Makeup Only $50

We have small classes with 4 students and 2 instructors for each class. Each procedure is under the direct supervision of a permanent makeup instructor and performed by a student in training. You can be confident in the final results of our work.

FEATHERING EYEBROW

Before | Immediately After

- Eyebrow
- Eyeliner
- Lips
- Corrections
- Areola Repigmentation
- Scar Relaxation & Camouflage
- Needling for Wrinkles and Acne Scars

Be the instructor's model and save 50%!

604 873 3636 • www.biotouchcanada.com

ESTĒE LAUDER

Introducing

MODERN MUSE LE ROUGE

A sophisticated, feminine scent with contrasting notes of fruit and floral.

Eau de parfum, 30 mL, $68. 50 mL, $90. 100 mL, $122.

Your Gift

Receive a sample of Modern Muse Le Rouge when you visit the Hudson's Bay Estée Lauder counter and present this offer.

Offer ends November 6, 2015. While quantities last.

ESTÉE LAUDER The Colour Edit

$69.50 ***A VALUE OF OVER $330****

with any ESTÉE LAUDER fragrance purchase.

This 15-piece limited-edition collection includes deluxe samples of Advanced Night Repair serum, the number-one repair serum in Canada**, Resilience Lift firming/Sculpting Face and Neck Creme, three full-size lipsticks, fragrance, and so much more, all in a signature red train case.

HUDSON'S BAY

SHOP THEBAY.COM

Savings for all offers are off our regular prices, unless otherwise specified. *Values are based on our per mL and/or g price for regular-sized products. **Based on NPD Group Inc. unit sales for Canadian department stores for 12 months ending July, 2015.

FIND NEW ROADS

chevrolet.ca

ONLY WHILE SUPPLIES LAST!

CHEVROLET

2015 TRAX

0% PURCHASE FINANCING FOR 84 MONTHS*

+ $ 2,000 IN FINANCE CREDITS‡

(INCLUDES $500 OWNER CASH††)

OR

UP TO $3,500 TOTAL VALUE ON OTHER MODELS†

(INCLUDES $500 OWNER CASH††)

CANADA WIDE CLEARANCE

TAKE ON THE CITY

With the elevated vantage point of an SUV, nimble and assured handling of a compact car a powerful yet fuel efficient turbocharged 1.4L engine plus all the latest available must-have entertainment and connectivity technology like OnStar 4G LTE~ with hotspot capability, the Trax takes just about any driver from city smart, to Street Genius. Complemented by 10 standard airbags and the distinction of being an IIHS top safety pick+, the 2015 Trax is built for the ultimate urban experience.

Safety 10 Airbags | 4G LTE Wi-Fi~ | Fuel Efficiency ¥¥ 6.9 L/100km hwy | NHTSA ‡‡ www.nhtsa.gov+ | 2015 IIHS TOP SAFETY PICK+

ON NOW AT YOUR BC CHEVROLET DEALERS. Chevrolet.ca **1-800-GM-DRIVE.** Chevrolet is a brand of General Motors of Canada. Offers apply to the finance of a 2015 Trax. License, insurance, registration, administration fees, dealer fees, PPSA and taxes not included. Dealers are free to set individual prices. Limited time offers which may not be combined with other offers, and are subject to change without notice. Offers apply to qualified retail customers in BC Chevrolet Dealer Marketing Association area only. Dealer order or trade may be required. ¥ Based on Vincentric 2015 Model Level Analysis of entry-level compact crossovers in the Canadian retail market. * Offer available to qualified retail customers in Canada for vehicles delivered between November 3rd and November 30th, 2015. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank~ or RBC Royal Bank for 84 months on all new or demonstrator 2015 Spark LS 1SA, Sonic LS 1SA Sedan, Cruze LS 1SA, Malibu 1LT, Volt, Impala 1LZ, Camaro 1LS & 2LS, Trax LS Manual, Equinox LS AWD, Traverse LS FWD, Colorado 2WD, Silverado 1500 Double Cab 2WD WT / Crew Cab 2WD WT and Silverado HD's WT 2WD with gas engine. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $20,000 at 0% for 84 months equals $238.10 per month. Cost of borrowing is $0. Offer is unconditionally interest free. Freight and dealer prep, air conditioning charges, fees, taxes and insurance are not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ~Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. † $3,500 is a combined credit consisting of $500 Owner Cash (tax inclusive) and a $3,000 manufacturer to dealer cash credit (tax exclusive) for a 2015 Trax which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $3,000 credit which will result in higher effective interest rates. Discounts vary by model. ‡ $2,000 is a combined credit consisting of $500 Owner Cash (tax inclusive) and $1,500 manufacturer to dealer finance cash (tax exclusive) for a 2015 Trax which is available for finance offers only and cannot be combined with special lease rates and cash purchase. †† Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet car, SUV, crossover and pickups models delivered in Canada between November 3rd and November 30th, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $500 credit available on Chevrolet Spark, Sonic, Volt, Trax, Malibu (except LS); $750 credit available on others Chevrolet (except Cruze, Colorado 2SA, Camaro 2SB, Malibu LS, Silverado Light Duty and Heavy Duty); $1,000 credit available on Chevrolet Cruze and on all Silverado's. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. ~ Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available on select vehicle models and in select markets. Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement (including software terms). OnStar acts as a link to existing emergency service providers. After the trial period (if applicable), an active OnStar service plan is required. ‡‡ Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). + Insurance Institute for Highway Safety awarded 2015 Trax and Equinox the 2015 Top Safety Pick Plus Award when equipped with available forward collision alert. ¥¥ Based on GM testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary.

IN BRIEF

UBC points to three grads who have held top office

The University of British Columbia says Prime Minister Justin Trudeau is the first alumnus from the post-secondary institution to be elected to Canada's highest office.

Interim UBC president Martha Piper says Trudeau's accomplishment serves as a prominent marker in the university's history. Although Trudeau is the first UBC graduate to be elected prime minister, fellow alumni prime ministers Kim Campbell and John Turner were appointed to the country's top job after winning the leadership of their respective parties.

Trudeau earned a bachelor of education from UBC in 1998, while Campbell received her bachelor of arts from the university and both Campbell and Turner graduated from UBC's law school.

THE CANADIAN PRESS

Identical triplets born in Kamloops are one in 50M

Identical triplets have been born in Kamloops, something doctors say happens once in every 50 million births.

Mahalia and Mike Meeuwsen of Salmon Arm welcomed their three baby girls on Tuesday at Royal Inland Hospital. They were expected to make their debut on Nov. 16, but complications with the pregnancy meant a scheduled caesarean section had to be done earlier. The triplets were conceived naturally without the use of fertility drugs.

Mom and all the babies are said to be doing well. The infants are expected to remain in the neonatal intensive care unit for some time, and there is no word yet on their names.

THE CANADIAN PRESS

Vancouver's West End, which includes English Bay, is known for its beaches, walkability and fireworks celebrations. JENNIFER GAUTHIER/METRO

West End named the best neighbourhood in nation

COMMUNITY

Area wins Great Places in Canada competition

Emily Jackson
Metro | Vancouver

Kitsilano and Strathcona are probably jealous.

Vancouver's West End has been named the best neighbourhood in the country in the fifth annual Great Places in Canada contest.

The neighbourhood known for its beaches, proximity to Stanley Park, laughing men statues, fireworks celebrations, support for the LGBTQ community and a high-density, walkable lifestyle beat out Quartier Petit Champlain in Quebec City and the Cobble Beach Golf Resort Community in Kemble, Ont. for the top spot in 2015.

"The West End makes it easy, safe and inviting for residents to walk and bike to work, to access thriving local businesses and to explore Vancouver's beaches, trails and Stanley Park," juror Jaspal Marwah said in a statement.

> **"Home to the city's LGBTQ community, the West End's density is evenly matched by its diversity of residents."**
> Juror Jaspal Marwah

"Home to the city's LGBTQ community, the West End's density is evenly matched by its diversity of residents, and by a strong commitment to creating an inclusive community that prioritizes affordable housing."

He also lauded the neighbourhood's traffic-calming measures, treed promenades and street furniture.

The contest aims to increase awareness about city planning and is held by the Canadian Institute of Planners.

The West End recently underwent an extensive — and controversial — neighbourhood planning process. The community faces challenges in dealing with increased density (good luck finding a parking spot), aging apartment infrastructure and keeping rents affordable for the many seniors and low-income residents who call the beautiful area home.

PAYROLL OFFICERS IN BC EARN UP TO $31.29/HR*!
CDI College's Accounting and Payroll Administrator graduates will be eligible to enroll in the nationally recognized Canadian Payroll Association (CPA) Certified Payroll Management Program (CPMP) at the level of Payroll Compliance Practitioner (PCP). Apply today!
CDI COLLEGE ALSO OFFERS PROGRAMS IN:
• DENTAL RECEPTIONIST COORDINATOR
• MEDICAL OFFICE ASSISTANT
• NETWORK SYSTEMS ADMINISTRATOR
• PHARMACY ASSISTANT
• AND MORE!
Financial assistance may be available to qualified applicants.
ASK ABOUT OUR EVENING CLASSES!
1.800.360.7186
STUDY.CDICOLLEGE.CA
CD college
jobbank.gc.ca

Spoonful of inspiration

ALBERTA

Canadian's first book teaches kids to love who they are

Helen Pike
Metro | Calgary

An Alberta university student is inspiring kids and students alike while fulfilling her own dreams in becoming a children's book author.

After Karla Neufeld was given the opportunity to go back to school three years ago, she was faced with the task of upgrading her English requirements, and that's where the story of Sophia the Spoon was born.

"It kind of sat on the shelf, and I just had a dream to illustrate it but didn't know — could I actually do it?" said Neufeld. She's always been an artist and creates very detailed sketch drawings, but taught herself watercolour for the book.

Prof. Meaghen Johnston, left, and Karla Neufeld show a copy of Neufeld's first self-published children's book. Copies of the book can be bought online through Amazon.ca. CONTRIBUTED

"I took a children's literature class in the winter semester this year and one of the assignments was to write a children's book," she said.

Now, in her second year of a social work diploma at Mount Royal University, she can proudly say she's faced her fears and illustrated the story she dusted off. She's even had the pleasure of self-publishing and selling more than 100 copies of the tale.

The story follows Sophia the Spoon through her journey of love and acceptance. Although determined to change who she is, she meets someone who changes her mind and decides to embrace who she was created to be.

"I'm really excited to be able to have a message that means a lot to me about loving who you are, and just the worth that people have, and being able to get that out there to kids," Neufeld said.

Right now Neufeld said she wants to first achieve her master's degree and then reach her ultimate dream to bring art and therapy together in some way. The book is a beginning to that process.

Meaghen Johnston, an associate professor of social work and co-director of the Centre for Child Well-Being at MRU, focuses parts of her studies on identity, resilience and self-compassion.

"I will use this book with adults, adolescents and children," said Johnston. "I see application of this book beyond children, I think it has a message that will be really useful in work with teenagers, for example."

Johnston said Neufeld has taken her learning and contributed it to the world with her book in a tangible and visible way — something students don't often get to do.

Copies can be bought online through Amazon.ca.

KEYSTONE XL

U.S. denies proposal to pause project

The U.S. government delivered some unwanted news to the company behind the Keystone XL pipeline Wednesday, informing TransCanada Corp. that it was rejecting its request for a delay in evaluating the project.

The answer came in a letter to TransCanada two days after the Calgary-based company raised eyebrows with its unexpected demand for a timeout in the controversy-plagued process.

"We're not required to pause it based on an applicant's request. There's no legal basis to do that," said State Department spokesman John Kirby, describing the letter sent to the company.

"We have told TransCanada that the review process is going to continue, and when it's over, then and when we have something to talk about, we'll do so."

The pipeline would carry almost one-quarter of all Canada's oil exports, but it needs a permit to cross the U.S. border to be connected with the southern leg that's already flowing to Gulf of Mexico refineries.

That company request came as a surprise, given that the company and its allies in the Harper government in Ottawa had spent years urging speedy approval.

The about-face was interpreted by the administration as a political move — aimed at increasing its chance of approval under a possible future Republican administration.

The company denies that any political calculations were behind its sudden request for a delay. In a statement Wednesday, the company repeated its arguments: pipelines are cleaner than train transport, previous State Department reports agree with their math and Keystone would create thousands of jobs. THE CANADIAN PRESS

Good Better Bosch

BOSCH
Invented for life

Satisfy your craving with German engineering

Bosch is loved for outstanding performance

Whether it's inspired innovations like FlexInduction™, the quiet perfection of our legendary dishwashers or stunning European design that makes your mouth water, Bosch brings out the full potential of your kitchen.

bosch-home.ca

BOSCH is protected by Canadian trademark registrations owned by Robert Bosch GMBH © 2015 BSH Home Appliances Ltd. All trademarks are property of their respective owners. 15BCAN028-04-120348-57

Coast Wholesale Appliances
Vancouver • Surrey • Coquitlam

Midland Appliances
Richmond • Vancouver

Colony Warehouse
North Vancouver

Trail Appliances
Vancouver • Richmond
Coquitlam • Surrey • Langley

Animal rights activist Anita Krajnc visits a pig in a truck.
HANDOUT-ELLI GARLIN/THE CANADIAN PRESS

ONTARIO

Woman to keep helping parched pigs

The preliminary hearing for a woman charged with mischief after providing water to pigs en route to a slaughterhouse has been set for the end of November.

Animal rights activist Anita Krajnc says she was on a roadway median giving water to pigs on a hot day in June as trucks hauling the animals stopped at an intersection in Burlington, Ont.

One of the trucks' drivers took exception. An argument ensued, which was captured on video, that shows Krajnc providing water to some of the pigs via a water bottle she pushed through the slats of the truck's trailer.

The pigs' owner, Eric Van Hoekel, complained to police the next day and charges were formally laid against Krajnc in October.

She says she will continue her activism with the group she founded, Toronto Pig Save, and plans to give water to pigs near the same slaughterhouse on Thursday, although these animals aren't likely to be dealing with any heat issues — the forecast calls for rain and a high of 19 C.

Van Hoekel says he will continue to use the law to its full extent if Krajnc tries once again to provide his pigs with a sip of water before they're slaughtered. THE CANADIAN PRESS

IN BRIEF

Woman arrested after boy sprayed with substance

A 53-year-old woman is facing multiple charges after an incident in which a three-year-old boy was sprayed with a burning substance at a movie theatre in Toronto on Halloween, police say.

Police identified Alverna Maria Lawrence as a person of interest early Wednesday. Det. Kirby Reddin said Lawrence was taken into custody and is facing multiple charges.
TORSTAR NEWS SERVICE

WE NEED YOUR TRADE IN! ANY MAKE, ANY MODEL, ANY YEAR

KIA VANCOUVER

TRADE IN
TRADE UP
SALES EVENT

WE WILL PAY YOU TOP DOLLAR FOR YOUR TRADE IN

0% FINANCING FOR UP TO **84** MONTHS OR UP TO **$7,000** IN DISCOUNTS

ON SELECT MODELS*

OFFER ENDS NOVEMBER 30TH

THE ALL-NEW
2016 SORENTO 2.4L LX FWD

Sorento SX Turbo AWD shown*

THAT'S LIKE PAYING ONLY **$67**° WEEKLY

LEASE FROM **$292**° MONTHLY

$1,975 DOWN AT **1.9%** APR FOR 60 MONTHS*

INCLUDES $500 CREDIT*

OR NO CHARGE ALL-WHEEL DRIVE AWD ON OTHER 2016 SORENTO MODELS. SOME CONDITIONS APPLY.

2015 SORENTO "HIGHEST RANKED MIDSIZE SUV IN INITIAL QUALITY IN THE U.S." BY J.D. POWER

itravel2000.com

TAKE A TEST DRIVE, GET A **FREE $100 VOUCHER**

| AND |

ENTER TO WIN AN ALL-INCLUSIVE **TRIP FOR 2**'

Learn more at kia.ca
Contest ends January 4th

2016 AWD SPORTAGE
5-Star Safety Ratings

THE NEW
2016 SPORTAGE

Sportage SX Luxury shown*

0% FINANCING FOR 84 MONTHS OR NO CHARGE ALL-WHEEL DRIVE AWD ON OTHER 2016 SPORTAGE MODELS. SOME CONDITIONS APPLY.

2015 IIHS TOP SAFETY PICK

2015 OPTIMA LX AT

Optima LX shown*

THAT'S LIKE PAYING ONLY **$69**° WEEKLY

LEASE FROM **$298**° MONTHLY

$500 DOWN AT **0%** APR FOR 36 MONTHS*

INCLUDES $2,000 CREDIT*

The Power to Surprise

5 WE'VE GOT YOU COVERED
5-year/100,000 km worry-free comprehensive warranty.
See Kia.ca for more

Dan Roukema
dan@kiavancouver.com

Navjot Singh
navjot@kiavancouver.com

KIA VANCOUVER

396 SW MARINE DR., VANCOUVER, BC
(Corner of Cambie & Marine Dr.)

1.866.618.0616
WWW.KIAVANCOUVER.COM

GOOD CREDIT, BAD CREDIT

WE'LL GET YOU APPROVED!

Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from November 5 to November 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,795. $0 APMC, $0 A/C charge (where applicable). Excludes taxes, licences, ICBC registration, insurance, variable dealer administration fees, fuel-fill charges up to $300, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. 0% financing for up to 84 months or up to $7,000 discount available on other select 2015 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum $7,000 discount ($6,000 cash discount and $1,000 loyalty credit) is offered on 2015 Optima Hybrid LX (HYBRID) only. Certain conditions apply. See your dealer for complete details. Regional incentive/financing program. Financing may not be available on registered used cars, and a new 2016 Sportage LX AWD (SPORTAGE) with a selling price of $24,015 is based on monthly payments of $264 for 84 months at 0% with a $0 down payment and first monthly payment due at lease inception. Offer also includes $2,000 cash discount. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. Lessee must be approved by Kia Finance. Lessee must meet mileage, wear and termination conditions. Excess wear and use and excess kilometres will be charged at lease end. Lessee may be responsible for certain maintenance costs. Lessee must take delivery from dealer stock between November 5 and November 30, 2015. Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from November 5 to November 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,795. $0 APMC, $0 A/C charge (where applicable). Excludes taxes, licences, ICBC registration, insurance, variable dealer administration fees, fuel-fill charges up to $300, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. 0% financing for up to 84 months or up to $7,000 discount available on other select 2015 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum $7,000 discount ($6,000 cash discount and $1,000 loyalty credit) is offered on 2015 Optima Hybrid LX (HYBRID) only. Certain conditions apply. See your dealer for complete details. Regional incentive/financing program. Financing may not be available on registered used cars, and a new 2016 Sportage LX AWD (SPORTAGE) with a selling price of $24,015 is based on monthly payments of $264 for 84 months at 0% with a $0 down payment and first monthly payment due at lease inception. Offer also includes $2,000 cash discount. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. Lessee must be approved by Kia Finance. Lessee must meet mileage, wear and termination conditions. Excess wear and use and excess kilometres will be charged at lease end. Lessee may be responsible for certain maintenance costs. Lessee must take delivery from dealer stock between November 5 and November 30, 2015. Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from November 5 to November 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,795. $0 APMC, $0 A/C charge (where applicable). Excludes taxes, licences, ICBC registration, insurance, variable dealer administration fees, fuel-fill charges up to $300, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. 0% financing for up to 84 months or up to $7,000 discount available on other select 2015 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum $7,000 discount ($6,000 cash discount and $1,000 loyalty credit) is offered on 2015 Optima Hybrid LX (HYBRID) only. Certain conditions apply. See your dealer for complete details. Regional incentive/financing program. Financing may not be available on registered used cars, and a new 2016 Sportage LX AWD (SPORTAGE) with a selling price of $24,015 is based on monthly payments of $264 for 84 months at 0% with a $0 down payment and first monthly payment due at lease inception. Offer also includes $2,000 cash discount. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. Lessee must be approved by Kia Finance. Lessee must meet mileage, wear and termination conditions. Excess wear and use and excess kilometres will be charged at lease end. Lessee may be responsible for certain maintenance costs. Lessee must take delivery from dealer stock between November 5 and November 30, 2015. ‡No charge all-wheel drive discounts of $1,750 (2016 Sportage LX A/T AWD (SPORTAGE)), $2,000 (applicable on 2016 Sportage LX A/T AWD (SPORTAGE) with Convenience Package), $2,250 (2016 Sportage EX A/T AWD (SPORTAGE)), $2,500 (2016 Sportage SX A/T AWD (SPORTAGE)), $2,000 (2016 Sorento LX A/T AWD (SORENTO)), $2,250 (2016 Sorento EX A/T AWD (SORENTO)), $2,500 (2016 Sorento SX A/T AWD (SORENTO)) models require Dealer, some conditions apply. See dealer for details. Offer(s) to Canadian residents who have resided the age of majority in their province or territory of residence who take effect at 12:01 AM PST on November 5, 2015 and January 4, 2016. ††2 weeks prior of $1,000 Kia Rewards voucher available. Must take delivery from dealer stock of one eligible new 2015 or 2016 model between November 5, 2015 and January 4, 2016. Limit one voucher per person. Only existing customers who have leased or financed a Kia vehicle are eligible. Voucher is redeemable only at participating dealers in Canada. Voucher has no cash value and cannot be combined with any other offer. Dealer may sell or lease for less. Some conditions apply. See dealer for complete details. Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from November 5 to November 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,795. $0 APMC, $0 A/C charge (where applicable). Excludes taxes, licences, ICBC registration, insurance, variable dealer administration fees, fuel-fill charges up to $300, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. 0% financing for up to 84 months or up to $7,000 discount available on other select 2015 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum $7,000 discount ($6,000 cash discount and $1,000 loyalty credit) is offered on 2015 Optima Hybrid LX (HYBRID) only. Certain conditions apply. See your dealer for complete details. Regional incentive/financing program. Financing may not be available on registered used cars, and a new 2016 Sportage LX AWD (SPORTAGE) with a selling price of $24,015 is based on monthly payments of $264 for 84 months at 0% with a $0 down payment and first monthly payment due at lease inception. Offer also includes $2,000 cash discount. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. Lessee must be approved by Kia Finance. Lessee must meet mileage, wear and termination conditions. Excess wear and use and excess kilometres will be charged at lease end. Lessee may be responsible for certain maintenance costs. Lessee must take delivery from dealer stock between November 5 and November 30, 2015. Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from November 5 to November 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,795. $0 APMC, $0 A/C charge (where applicable). Excludes taxes, licences, ICBC registration, insurance, variable dealer administration fees, fuel-fill charges up to $300, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. 0% financing for up to 84 months or up to $7,000 discount available on other select 2015 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum $7,000 discount ($6,000 cash discount and $1,000 loyalty credit) is offered on 2015 Optima Hybrid LX (HYBRID) only. Certain conditions apply. See your dealer for complete details. Regional incentive/financing program. Financing may not be available on registered used cars, and a new 2016 Sportage LX AWD (SPORTAGE) with a selling price of $24,015 is based on monthly payments of $264 for 84 months at 0% with a $0 down payment and first monthly payment due at lease inception. Offer also includes $2,000 cash discount. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. Lessee must be approved by Kia Finance. Lessee must meet mileage, wear and termination conditions. Excess wear and use and excess kilometres will be charged at lease end. Lessee may be responsible for certain maintenance costs. Lessee must take delivery from dealer stock between November 5 and November 30, 2015. ‡No charge all-wheel drive discounts of $1,750 (2016 Sportage LX A/T AWD (SPORTAGE)), $2,000 (applicable on 2016 Sportage LX A/T AWD (SPORTAGE) with Convenience Package), $2,250 (2016 Sportage EX A/T AWD (SPORTAGE)), $2,500 (2016 Sportage SX A/T AWD (SPORTAGE)), $2,000 (2016 Sorento LX A/T AWD (SORENTO)), $2,250 (2016 Sorento EX A/T AWD (SORENTO)), $2,500 (2016 Sorento SX A/T AWD (SORENTO)) models require Dealer, some conditions apply. See dealer for details. Offer(s) to Canadian residents who have resided the age of majority in their province or territory of residence who take effect at 12:01 AM PST on November 5, 2015 and January 4, 2016. ††2 weeks prior of $1,000 Kia Rewards voucher available. Must take delivery from dealer stock of one eligible new 2015 or 2016 model between November 5, 2015 and January 4, 2016. Limit one voucher per person. Only existing customers who have leased or financed a Kia vehicle are eligible. Voucher is redeemable only at participating dealers in Canada. Voucher has no cash value and cannot be combined with any other offer. Dealer may sell or lease for less. Some conditions apply. See dealer for complete details. ◊Lessee payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. Model shown Manufacturer Suggested Retail Price for 2016 Sportage SX Luxury AWD Optima LX Turbo A/T (GPFWB1) is $36,495 ($36,995 with Nav). The 2016 Optima was awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2016 (2015/2016 IIHS U.S. models tested). Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study®. Study based on responses from 43,067 U.S. new vehicle owners, measuring 249 models and measures customers after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. Information in this advertisement is believed to be accurate at the time of printing. For more information on the 5-year warranty coverage, visit kia.ca or call us at 1 877 542-2886. Kia is a trademark of Kia Motors Corporation. CK_M 30-0115.

'Looks like Canada'

Justin Trudeau gives a high five to children after attending a swearing-in ceremony of his cabinet.
FRED CHARTRAND/THE CANADIAN PRESS

PARLIAMENT

Government will be based on teamwork, trust: Trudeau

Justin Trudeau beamed as he explained why he felt the need to put together Canada's first cabinet with an equal number of male and female members, 15 each.

"It's an incredible pleasure for me to be before you today … to present a cabinet that looks like Canada," Trudeau said on Wednesday afternoon in his first statement as Canada's 23rd prime minister.

He had a quick answer and a smile when asked why he felt the need for the gender balance in his 30-member cabinet.

"Because it's 2015," he told reporters gathered outside Rideau Hall. "Canadians elected extraordinary members of Parliament … I'm glad to be able to highlight a few of them in the cabinet today."

He promised that his government would be one based on trust and teamwork that delivers "evidence-based policy."

"Government by cabinet is back," he said.

Trudeau said he welcomed media asking serious questions and respected the desire for open data and access to information.

"We're forming a government that places trust at the very centre of its actions," he said.

He said he trusts his cabinet will help him fulfill a pledge to resettle 25,000 Syrian refugees and also said he will push for human rights in upcoming talks in China.

That's important "not just for Canadians but for everyone on this planet," he said.

A standing ovation followed the pledge by Trudeau to be a "faithful and true servant" of the Queen in Canada in the blue-walled hall, with its high ceilings, gold curtains and massive portrait of Queen Elizabeth II.

Trudeau, 43, made history by becoming the first child of a former Canadian prime minister to assume the post. His late father, Pierre Trudeau, last held the office in 1984.

The new prime minister was almost literally at home as he assumed Canada's top post. He is currently living in a secure Georgian revival-style cottage behind Rideau Hall, where the swearing-in ceremonies are held.

Trudeau grew up at the official prime minister's residence at 24 Sussex Dr. in Ottawa. That building is now slated to undergo renovations to remove lead pipes and outdated wiring, among other things.

He and his incoming cabinet arrived at Rideau Hall this morning after a walk on which they were greeted and cheered by well-wishers.

TORSTAR NEWS SERVICE

> **Because it's 2015.**
> Justin Trudeau on why gender parity is important

Trudeau and his wife Sophie Gregoire arrive with his cabinet before his swearing-in at Rideau Hall in Ottawa on Nov. 4. CHRIS WATTIE/AFP/GETTY

3 LITTLE (YET SIGNIFICANT) DETAILS

TRUDEAU'S BLUE TIE
It was hard not to see the new prime minister's choice of tie in stark contrast to the other men admitted to the executive branch, almost all of whom wore red ties.

THE GREAT SEAL OF CANADA
Innovation minister Navdeep Bains is seen clutching the Great Seal, which is affixed to bills when they get royal assent and is entrusted to the registrar general of Canada.

A beautiful fall day, a buoyant ceremony, a general air of optimism — everything goes Justin Trudeau's way as the country's 23rd prime minister and his notably diversified cabinet are sworn in

IMAGES

BIBLES
Many of the new ministers brought their own books of scripture to hold while taking their oaths.

THE 6 TOUGHEST JOBS IN OTTAWA

1 Improve standing on world stage

Stephane Dion | Foreign Affairs

Dion struggles in English and is not a natural schmoozer, making him an unusual choice for a job that prizes both those skills. But he is highly intelligent and has held key portfolios in past Liberal governments.

Level of difficulty
Fit

2 Missing-and-murdered inquiry

Carolyn Bennett | Indigenous and Northern Affairs

Bennett, a former family physician and minister of state in Paul Martin's government, is an obvious choice. Her past work as an aboriginal-affairs critic gives her instant credibility on a sensitive file.

Level of difficulty
Fit

3 Settle 25,000 refugees by 2016

John McCallum | Immigration, Refugees and Citizenship

The former Royal Bank chief economist has seemingly little experience on the immigration file. But his past cabinet experience (Defence, Veterans Affairs) should help.

Level of difficulty
Fit

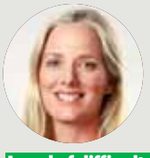
4 Deliver federal budget by March

Bill Morneau | Finance

The rookie MP brings Bay Street cred as the former head of a human-resources company. He jumps right in to arguably the government's most important portfolio. For a political newcomer, it will be a very tall order.

Level of difficulty
Fit

5 Prepare for Paris climate summit



Catherine McKenna | Environment and Climate Change

The former human-rights and social-justice lawyer showed her political mettle by unseating NDP stalwart Paul Dewar. Now can she deliver on all of Trudeau's environmental promises?

Level of difficulty
Fit

6 End bombings in Syria, Iraq

Harjit Sajjan | Defence

The rookie MP served in Bosnia and Afghanistan and was the first Sikh to command a Canadian Army regiment. He has instant credibility with the rank-and-file; the top brass is another matter.

Level of difficulty
Fit

Jody Wilson-Raybould is sworn in as Minister of Justice and Attorney General of Canada. THE CANADIAN PRESS

Striking a balance

POLITICS

Two Vancouver MPs, one from Delta selected for cabinet

Matt Kieltyka
Metro | Vancouver

Two Vancouver MPs and one from Delta have been appointed to Justin Trudeau's cabinet in Ottawa.

And while the new ministers of Justice (Jody Wilson-Raybould), National Defence (Harjit Sajjan) and Sport and Persons with Disabilities (Carla Qualtrough) are all newcomers to federal politics, they are all logical choices for their portfolios.

Vancouver-Granville's Wilson-Raybould is a former Crown prosecutor and regional chief of the Assembly of First Nations.

Vancouver South's Sajjan is a former Vancouver police officer and decorated soldier who has been deployed four times to Bosnia and Afghanistan.

And Delta's Carla Qualtrough is a visually impaired Paralympic Games medalist in swimming, on top of being a lawyer and serving as a director for the Vancouver 2010 Legacies Now Society.

University of British Columbia political scientist Max Cameron believes Trudeau has pulled off the tricky task of picking a strong cabinet with strong voices from British Columbia.

"There were some complicated choices when you're balancing regions, gender balance and expertise. It is a bit of a challenge to do all that, said Cameron. "I think (the cabinet) sounds about right and has a reasonable regional balance for B.C."

With 184 MPs to choose from, some Liberals were bound to miss out on cabinet seats.

In B.C., Cameron said that included eight-time Vancouver Centre MP Hedy Fry and Vancouver Quadra's Joyce Murray, an MP since 2008.

While Fry is seen as more of a constituent-focused politician, Cameron said Murray would have been suited to a few portfolios.

Instead, he feels, Trudeau opted to build up the exposure of his new B.C. ministers.

> **I think (the cabinet) sounds about right and has a reasonable regional balance for B.C.**
> UBC prof. Max Cameron

AUTO DIRECT NOVEMBER SALE ON NOW

AB10684

2014 JEEP GRAND CHEROKEE LTD

Memory seat, leather interior, alloy wheels, bluetooth, heated power front seats, tinted windows, back up camera, 4x4 terrain settings, fog lights, sunroof

$272* BI-WEEKLY @ 84 MONTHS NOW ONLY $35,995

S15220A

2012 VW PASSAT 2.0 TDI TRENDLINE+

Telescoping steering wheel, Bluetooth, heated seats, turbo diesel engine, automatic, allow wheels, ABS, fog lights, power, option group

$150** BI-WEEKLY @ 84 MONTHS NOW ONLY $18,888

AB10685

2012 SUZUKI GRAND VITARA JX

4x4, automatic, alloy wheels, 2.4L, 4 cylinder , flat towable, A/C, AUX, cruise control, tinted glass, steering wheel mounted controls

$129* BI-WEEKLY @ 84 MONTHS NOW ONLY $19,995

BB3640A

2011 SUBARU LEGACY

Convenience package, power seat, electronic emergency brake, heated front seats, power option group, symmetrical AWD, steering wheel mounted controls, A/C.

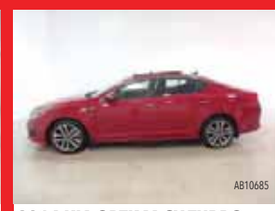
$115** BI-WEEKLY @ 84 MONTHS NOW ONLY $13,995

VK1109

2013 HONDA CIVIC EX

Sport alloy wheels, chrome trim surround, tinted glass, power options, bluetooth, automatic, heated seats, sunroof, cargo liner, 60/40 split folding seats

$144** BI-WEEKLY @ 84 MONTHS NOW ONLY $17,988


AB10685

2014 KIA OPTIMA SX TURBO

6 speed Automatic, paddle shifters,Electric Motor Power Assist Steering. Dual-zone fully automatic Climate control,Multimedia Interface w/Navigation,USB/Aux Ports.

$223** BI-WEEKLY @ 84 MONTHS NOW ONLY $28,800

OP0005

2014 SUBARU FORESTER LTD

Leather seats, Sunroof, Heated front seats, Power group ,fog lights, alloy wheels, symmetrical awd, tinted glass, spoiler

$228 BI-WEEKLY @ 84 MONTHS NOW ONLY $29,995

AB10683

2014 DODGE CARAVAN SXT

Tinted glass, roof rails, bumper scuff guard, spoiler, stow n go seats, power rear windows, leather wrapped steering wheel, Bluetooth, dual zone front and rear climate control, AUX input.

$151** BI-WEEKLY @ 84 MONTHS NOW ONLY $19,888

BB5076A

2013 HYUNDAI ELANTRA GT GL

Sport alloy wheels, Xenon headlights, tint, hatchback, privacy cover, power options, Bluetooth, height adjustable seat, heated front seats, steering mode settings

$134** BI-WEEKLY @ 84 MONTHS NOW ONLY $16,580

S16121A

2014 VW TIGUAN HIGHLINE

Excellent condition,Leather seats,leather wrapped steering wheel, Sunroof, Heated front seats, Steering wheel mounted audio and cruise controls, A/C.

$257 BI-WEEKLY @ 84 MONTHS NOW ONLY $33,995

V15836A

2011 KIA FORTE KOUP 2.0L EX

Front fog lights, alloy wheels, Bluetooth, heated front seats, steering wheel mounted audio and mode controls, internal music storage, A/C.

$98† BI-WEEKLY @ 84 MONTHS NOW ONLY $10,900

S15562A

2013 INFINITI JX35

Xenon headlights, chrome trim surround, front fog lights, chrome alloy wheels, tinted windows, leather interior, sunroof, Bluetooth, power heated seats, back up camera

$270 BI-WEEKLY @ 84 MONTHS NOW ONLY $35,888

KK1603

2014 KIA SOUL SX LUX

Panoramic Sunroof, Projection Headlights, Xenon HID Headlights, Light Bar Taillights, Fog Lights, Heated Front Seats, Heated 2nd row Automatic Climate control.

$195** BI-WEEKLY @ 84 MONTHS NOW ONLY $24,995

S16036A

2014 HONDA CRV LX

Automatic, alloy wheels, tinted glass, awd, power option group, privacy glass, 60/40 split folding seats, Bluetooth, A/C, outside temp display.

$201* BI-WEEKLY @ 84 MONTHS NOW ONLY $25,895

AB10685

2014 SUBARU OUTBACK TOURING

175HP, 2.5L, 4cyl Boxer engine,- Fully Automatic headlights, welcome lights, heated front seats, 10 way power drivers seat, power rear gate.

$228* BI-WEEKLY @ 84 MONTHS NOW ONLY $29,995

S15734A

2013 MAZDA 2 CONVENIENCE

Tinted windows,Air conditioning, Power mirrors, Auxiliary audio input, USB connection, 4-wheel ABS, Stability control, Traction control

$107* BI-WEEKLY @ 84 MONTHS NOW ONLY $12,995

S16054A

2012 NISSAN ALTIMA S

175HP, AM/FM radio, Auxiliary audio input, AC, Cruise control, Steering wheel mounted audio controls, Folding back seats, and pre wired for phone

$136* BI-WEEKLY @ 84 MONTHS NOW ONLY $16,995

BB5043A

2011 FORD FUSION SEL

Spacious interior, engaging handling, comfortable ride, excellent Ford Sync system, and good four-cylinder fuel economy. Power glass sunroof, AUX/USB, Bluetooth.

$108* BI-WEEKLY @ 84 MONTHS NOW ONLY $13,198

S15728A

2011 NISSAN JUKE

Turbo , all wheel drive, comfortable ride, air conditioning, power windows, CD/AM/FM stereo, auxiliary audio input, front seat warmers, rear lift gate door

$114* BI-WEEKLY @ 84 MONTHS NOW ONLY $13,995

K15160A

2012 DODGE AVENGER SXT

Spoiler, power option group, leather steering wheel, power drivers seat, rear 60/40seat split plus pass through, heated seats, auxiliary input, A/C.

$115* BI-WEEKLY @ 84 MONTHS NOW ONLY $12,995

Anna Schellenberg
anna@wcautodirect.com

Eric Yapp
eric@wcautodirect.com

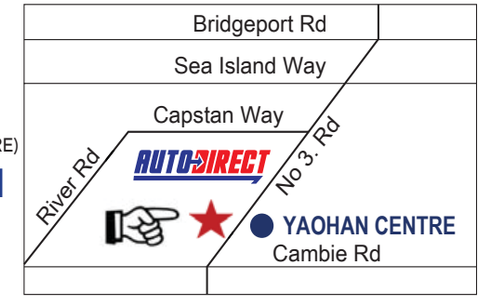
AUTO DIRECT

3771 NO.3 ROAD, RICHMOND, BC (OPPOSITE YAOHAN CENTRE)

CALL US TODAY 1.855.582.3691

FOR YOUR QUICK APPROVAL!

www.wcautodirect.com



Terms based on 4.57%/*4.59%/**4.97%/†6.97% OAC, $0 down payment over 84 months. All payment include tax. $895 documentation, $780 finance fees, $200 preparation fees . All ICBC reports and Car Proofs available on request. DL #31151.

NEW DEMOCRATS

Mulcair addresses caucus

Tom Mulcair's campaign theme song Meet Me in the Basement by Broken Social Scene took on an ironic — and literal — significance Wednesday as the election-bruised NDP caucus gathered in the bowels of Parliament Hill.

The NDP leader, who has stayed out of the public eye since his party's drubbing, met with a significantly downsized caucus just hours after Justin Trudeau was sworn in. Mulcair said the election results were not what the NDP hoped for, but vowed the party will examine what happened. THE CANADIAN PRESS

THE SCENE

'Time in history'

Call it the political version of a Canadian fall classic. The diverse crowd gathered on the grounds of Rideau Hall to witness the arrival of the new government.

They watched on large screens dotted around the grounds as Prime Minister Justin Trudeau and his cabinet took their oaths.

As the names were called, they applauded and cheered like the crowd at a sporting event greeting the starting lineup on the day of a big game.

"It's quite a time in history," said Pippa McDougall, 22.

It was a sentiment expressed by many, including a few older members of the crowd who fondly recalled the current prime minister's father, Pierre Elliott Trudeau. THE CANADIAN PRESS

Shoo-ins left out

CABINET

Political celebs and veterans on back bench

Presented with a wealth of talent to choose from in making his cabinet, there was some political capital Prime Minister Justin Trudeau chose not to spend.

A retired general and a former Toronto police chief were among the star Liberal MPs shut out of Trudeau's maiden cabinet, along with several veteran MPs.

At the same time, relative political rookies now find themselves commanding some of the top political posts, including National Defence, Justice and the government's signature infrastructure plan.

"We have an awful lot of work to do in the coming weeks, months and years," Trudeau said after the group was sworn in.

"But I know that Canadians expect of us to come together and put forward a team that is going to be able to deliver on the change, on the ambitious plan for this country that the Liberal Party ran on — and that's exactly what we're going to deliver."

Retired lieutenant-general Andrew Leslie was considered a shoo-in for a cabinet spot when he announced he was running for the Liberals but was left out of the mix, as was former Toronto police chief Bill Blair.

Longtime MPs, including Joyce Murray and former cabinet minister Hedy Fry, were also on the outside looking in.

> **"Canadians expect of us to come together and put forward a team that is going to be able to deliver ... on the ambitious plan for this country that the Liberal Party ran on.** Prime Minister Justin Trudeau

Fry said she had absolutely no hard feelings.

"He matched people's capabilities to their talents, and I'm looking forward to working with them," she said. "What I bring to the table is a fair amount of experience and that ability to roll up my sleeves and help us to succeed."

Murray and Fry were the lone Liberal MPs in B.C. following the 2011 election, but after the party's unexpected success in that province last month, three newly elected parliamentarians now have seats on the front bench.

They are retired lieutenant-colonel Harjit Sajjan, appointed as defence minister; Jody Wilson-Raybould, who has been given the justice portfolio, and Carla Qualtrough, now responsible for Sport and Persons with Disabilities. THE CANADIAN PRESS

1 Team shot — PM Justin Trudeau holds a news conference with his cabinet after they were sworn in at Rideau Hall. FRED CHARTRAND/THE CANADIAN PRESS

2 Man of the people — The PM takes a selfie with onlookers as his wife Sophie Gregiore-Trudeau (left) looks on. FRED CHARTRAND/THE CANADIAN PRESS

3 Emotional moment — Trudeau's mother Margaret reacts to the swearing-in. SEAN KILPATRICK/THE CANADIAN PRESS

4 Young ambition — Two-year-old Ross Potter wears a Mountie uniform as he waits for Trudeau and the MPs who will comprise his cabinet to arrive at Rideau Hall. JUSTIN TANG/THE CANADIAN PRESS

Fares to Vegas that won't break your heart. We have them in spades.

From Vancouver to Las Vegas

$279*

Plus $160 taxes & fees

Tropicana Las Vegas Casino Hotel Resort

★★★★

Round-trip air + 3 nights

Travel December 6, 2015

Book today at westjetvacations.com or call your travel agent.

WESTJET vacations

*Book by November 12, 2015 (11:59 p.m. MT). Round-trip from Vancouver. Advertised fares based on non-stop flights. Other departure cities and dates available, and prices may be higher. Limited quantities available. Taxes and fees not included. Advertised taxes and fees for U.S. destinations can fluctuate based on exchange rate. Price is per guest, based on double occupancy unless otherwise specified. Transfers not included. Price is accurate at time of printing deadline. Non-refundable. Advance booking required. New bookings only. Visit westjetvacations.com for details.

Britain suspends flights

EGYPT

Officials say bomb may have downed Russian plane

British and U.S. officials said Wednesday they have information suggesting the Russian jetliner that crashed in the Egyptian desert may have been brought down by a bomb, and Britain said it was suspending flights to and from the Sinai Peninsula indefinitely.

Intercepted communications played a role in the tentative conclusion that the Islamic State group's Sinai affiliate planted an explosive device on the plane, said a U.S. official briefed on the matter. He spoke on condition of anonymity because he wasn't authorized to discuss intelligence matters publicly.

The official and others said there had been no formal judgment rendered by the CIA or other intelligence agencies, and that forensic evidence from the blast site, including the airplane's black box, was still being analyzed.

The young family of Alexei Gromov, 27, his wife Tatyana, 26, and their 10-month-old daughter Darina, who was the youngest passenger in Russia's deadliest plane crash last Saturday, which took the lives of 224 people. THE ASSOCIATED PRESS

The official added that intelligence analysts don't believe the operation was ordered by Islamic State leaders in Raqqa, Syria. Rather, they believe that if it was a bomb, it was planned and executed by a Sinai affiliate of the Islamic State of Iraq and the Levant, which operates autonomously.

Other officials cautioned that intercepted communications can sometimes be misleading and that it's possible the evidence will add up to a conclusion that there was no bomb.

British Foreign Secretary Philip Hammond said there was a "significant possibility" the crash was caused by a bomb, and Britain was suspending flights to and from the Sinai resort of Sharm el-Sheikh indefinitely.

After a meeting of the British government's crisis committee, COBRA, Hammond said Britain was advising its citizens not to go on vacation to Sharm el-Sheikh, which is visited by hundreds of thousands of Britons a year.

"We have become concerned that the plane may well have been brought down by an explosive device."
Statement from David Cameron's office

Meanwhile, Russian and Egyptian investigators said Wednesday that the cockpit voice recorder of the Metrojet Airbus 321-200 had suffered substantial damage in the weekend crash that killed 224 people. Information from the flight data recorder has been successfully copied and handed over to investigators, the Russians added.

Prime Minister David Cameron's office said British aviation experts had been sent to Sharm el-Sheikh, where the flight originated, to assess security before British flights there would be allowed to resume. THE ASSOCIATED PRESS

MIGRANT CRISIS

Volunteers flock to Lesbos

As the Greek island Lesbos struggles with a huge migrant surge, a close-knit group of volunteers is working alongside Greek fishermen to rescue people at sea, provide medical care and bring comfort and basic necessities.

In the past three weeks, about 100,000 migrants reached Europe's busiest coastline — 10 kilometres of shore in northern Lesbos — whose beaches are littered by mounds of discarded orange life vests. The task can sometimes feel overwhelming, as children die before the rescuers' eyes and there is never an end to the people in need. But the volunteers say the hardship is better than watching the plight of refugees on television.

One volunteer, Essan Daod, a Palestinian surgeon, flew to Lesbos from Israel three weeks ago to treat migrants, horrified by the scenes of drowning and anguish.

Since then, the 32-year-old doctor has helped deliver a baby on the beach, treated countless broken bones and revived more unconscious infants than he can remember. THE ASSOCIATED PRESS

POLITICS

Romanian government collapses in wake of massive protests

Romania's government collapsed Wednesday after thousands of people took to the streets to protest a deadly fire at a heavy metal concert, the final straw after a five-month corruption investigation that has shaken the nation.

Prime Minister Victor Ponta said he and his government would resign "to take note of the legitimate grievances which exist in society," adding: "I hope handing in my and my government's mandate will satisfy the demands of protesters."

But thousands of people turned out for new protests Wednesday evening demanding early elections and more accountability in government.

Even before last weekend's fire, the deadliest in Romania's history, Ponta faced widespread calls to resign as he was tried on charges including tax evasion, money laundering, conflict of interest and making false statements.

The charges relate to activities in 2007 and 2008, when he was a lawmaker and a lawyer. Ponta denies wrongdoing.

Then came the fire Friday night at the basement Colectiv nightclub, which sent panicked people stampeding for the single exit. The death toll stands at 32, with about 130 more hospitalized, dozens of them in serious or critical condition. The club's three owners have been detained on manslaughter charges for allegedly failing to comply with fire regulations. Many Romanians also suspect authorities of taking bribes to overlook the violations. THE ASSOCIATED PRESS

ANIMALS

Thousands of crocs go hungry in Honduras

A U.S. investigation into alleged money laundering for drug traffickers by one of Honduras' most powerful families has resulted in some unusual victims: thousands of hungry crocodiles.

At least 7,500 crocodiles on a private farm in northern Honduras have been poorly fed in recent weeks because of a lack of resources, authorities and employees at the property said. The bank accounts of the farm's owner, the Rosenthal family, were seized during a probe into accusations they were operating a money laundering network linked to drug trafficking.

Farm employees said on Wednesday that the animals went without food for more than a month, but were finally fed over the weekend thanks to donations. THE ASSOCIATED PRESS

Private companies were asked to donate money to buy food for the crocs. FERNANDO ANTONIO/THE ASSOCIATED PRESS

IN BRIEF

Canadian fighting with Kurdish forces in Syria killed: Report

The Syrian Observatory for Human Rights says a Canadian fighting the Islamic State group in Syria has been killed in a suicide attack.

The observatory says in a posting on its website that John Robert Gallagher was killed in the attack by an ISIL fighter on Wednesday at a farm near Dalhu village in the predominantly Kurdish province of Hassakeh that borders Iraq. Maclean's magazine says Gallagher is a former infantryman with the 2nd Battalion of the Princess Patricia's Canadian Light Infantry, who went into Syria in July to fight with a U.S.-backed Kurdish militia known as the YPG. THE CANADIAN PRESS

66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping $5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good deals in U.S. property?" The answer is an emphatic YES.

Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

Real estate investors on the Turnkey Trainings team know the right way to buy property. No matter what the economy is doing. Using their proprietary techniques, you too can find screaming bargains in the U.S.

They will reveal these breakthrough strategies at the FREE events in the Vancouver area. When you attend you'll see many successful former students who made a bundle in U.S. real estate.

The Vancouver couple pictured here, were able to buy an entire trailer park in Florida for half off. Their investment brings them a 23% net annual return on their money. Would you like these types of returns?

Another Canadian couple found and flipped a property in 2 weeks to pocket a cool $40,000! Imagine if you could do that just a couple of times a year.

You can if you gain the knowledge. You will after attending this FREE educational event where you will find out;

- Super simple method for getting sellers to chase you. The sellers of the trailer park mentioned above emailed and texted the buyers over 100 times! Hear the secret strategy to make sellers want to deal with you!
- How to get funding for your deals, so you never have to tie up your own money or use your credit! We'll give you a free funding certificate just for attending!
- How to beat the house flipping wizards by becoming a wholesaler to hedge funds
- New zero money down strategies! News to you no matter how many real estate seminars you may have attended!
- How to close property deals over the phone in 9 minutes or less

A Blueprint for Profiting from Real Estate Safely

No matter how many real estate seminars you've attended. Or courses you've taken.

This FREE educational event shows you how to create real wealth... fast. The master's level secrets will make real estate investing seem like a steal.

You'll learn how to find real estate as much as 70% off, close discounted deals in minutes, and flip them in days or rent for passive income. No experience needed.

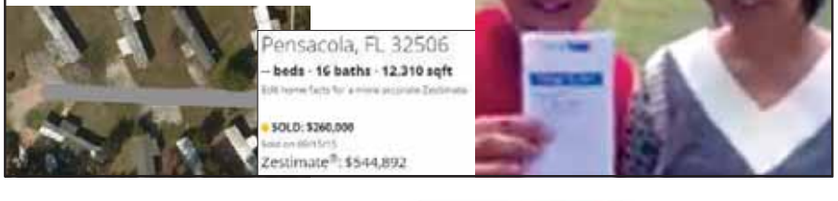
These breakthrough strategies have closed 12,000 property deals in the last 15 years...

They've earned investors healthy returns, often in as little as 7 days...

You can't afford to sit by while one of the greatest real estate opportunities in the U.S. roars by.

If you're serious about learning techniques that land you on profitable deal after deal... then attending this FREE educational event is a no-brainer.

After attending the FREE workshop this couple bought an 18 unit trailer park in Florida for 50% off!



This is a FREE educational event, reserve your seat now!

Register Now, Call Toll Free 1-855-763-8527

BURNABY
MONDAY NOVEMBER 9
at 12PM and 6PM
Hilton Vancouver Metrotown
6083 McKay Avenue, Burnaby

CENTURY
TUESDAY NOVEMBER 10
at 12PM and 6PM
Century Plaza Hotel & Spa
1015 Burrard Street, Vancouver

SURREY
WEDNESDAY NOVEMBER 11
at 12PM and 6PM
Holiday Inn Hotel & Suites Surrey
East - Cloverdale
17530 64th Avenue, Surrey

AIRPORT
THURSDAY NOVEMBER 12
at 12AM and 6PM
Hilton Vancouver Airport
5911 Minoru Blvd, Richmond

A FREE iPAD won at every session!

You are automatically entered into the drawing when you sign up and can only win if you attend!

Why are we giving away iPads? We want to show you how to find, negotiate and close profitable deals from the comfort of your own home. . .all with just an iPad!

TURNKEY TRAININGS

© 2015 Turnkey Trainings. All Rights Reserved. No properties will be offered at seminar. This is a FREE educational event. Some past attendees have gone on to make a lot of money. Your own results will be determined by your perseverance and adherence to the tools, tips and techniques given. This is not a business opportunity. No property will be offered. No accounting or legal advice will be given.

11
DAYS

UNTIL CANADA'S GREATEST WHISKY, BEER AND SPIRIT FESTIVAL

WHISKY | BEER | SPIRITS
HOPSCOTCH
FESTIVAL

SPECIALLY PRICED TICKETS AVAILABLE NOW
HOPSCOTCHFESTIVAL.COM

Senate probes price hikes

PHARMACEUTICALS

Valeant, three other firms' drug prices skyrocket

The political scrutiny of Valeant Pharmaceuticals is heating up as the U.S. Senate formally launched a probe Wednesday into skyrocketing prices for three of the company's prescription drugs.

The Senate's special committee on aging said it had requested documents and information from Valeant and three other drug companies.

Also requested were documents from Turing Pharmaceuticals, Retrophin Inc., and Rodelis Therapeutics amid a public outcry over the hikes, most notably Turing's move to raise the price of Daraprim by 5,000 per cent after obtaining rights to the drug. The medicine is the only U.S.-approved treatment for a deadly parasitic infection called toxoplasmosis.

Past political focus on Valeant in the U.S. has been on the heart drugs Isuprel and Nitropress.

Valeant Pharmaceuticals CEO Michael Pearson. THE CANADIAN PRESS

But in a letter to Valeant CEO Michael Pearson, the Senate committee is also seeking information on Cuprimine, used to treat Wilson's Disease, an inherited disorder that can cause severe liver and nerve damage.

Cuprimine's price soared nearly 3,000 per cent to $26,189 US for 100 capsules from $888 US after Valeant purchased the rights to it. Nitropress increased 625 per cent and Isuprel by 820 per cent, the Senate letter said.

Republican Sen. Susan Collins and ranking Democrat Sen. Claire McCaskill asked for Valeant's co-operation by turning over analysis, documents and historical financial data.

They also wanted a list of countries where the drugs are sold or are expected to be sold in the next two years and the corresponding prices.

A hearing on the issue is tentatively scheduled for Dec. 9.

"We need to get to the bottom of why we're seeing huge spikes in drug prices that seemingly have no relationship to research and development costs," said McCaskill.

Some of the increases resemble "little more than price gouging," she added.

Valeant said it would cooperate with the committee's inquiry.

"Valeant manages a large portfolio of medicines and the prices of individual drugs fluctuate due to a number of factors, including the cost of development and acquisition and complexities in the health-care cost reimbursement system," said spokeswoman Laurie Little.

She said the list price of any drug doesn't typically reflect the actual amount paid since the company provides financial assistance to make them more affordable. THE CANADIAN PRESS

IMMEDIATE POSITIONS AVAILABLE IN DELTA & NEW WESTMINSTER, BC

PAYDAY IS JUST A WEEK AWAY!

We have immediate openings on our growing team

apply.smjobs.com/amazon

JOIN OUR TEAM IN DELTA, JOB CODE: 908S
NEW WESTMINSTER, JOB CODE: 914A

- $100 SIGN-ON BONUS
- NIGHT SHIFT AVAILABLE (This shift comes with a premium)
- Competitive payrates; Great management team
- Full-time schedules; Weekly paychecks
- Casual dress environment; Commuter friendly

APPLY ONLINE OR CALL 604-449-6755
Stop by the Staff Management Recruiting Office
644 Columbia Street • New Westminster, BC V3M1A9

#SMXJOBSNOW

staff management | smx
a TRUEBLUE company

TECHNOLOGY

Wearables go beyond the basics

Canadian startups are building new wearable technology that goes well beyond the simple heart-rate monitoring and calorie-counting of activity trackers familiar to fitness buffs.

While devices from companies such as Fitbit, Jawbone and Garmin monitor basic information like steps taken and sleep cycles, many of the sports gadgets on display at the Wearable Entertainment & Sports Toronto conference on Tuesday were designed for the pros — offering advanced telemetry that helps professional athletes avoid injury and optimize training routines.

Montreal-based Hykso, for example, is developing sensors that sit in a boxer's hand wraps to feed back real-time data about speed, power and technique. Hykso data scientist Patrick Chandler says the company has already partnered with three Montreal-area gyms to provide their technology to those looking to perfect the sweet science.

PGA golfer Andrew Parr talked about how he uses the Muse brain-sensing headband from Toronto-based InteraXon to work on his focus and help him while out on the links.

Hani Abidi, one of the co-founders of Ollinfit, said his company's wearable sensor system and accompanying digital personal training app are just the beginning. THE CANADIAN PRESS

IN BRIEF

Greenhouse gets grant
A youth group that grows fresh produce in one of Halifax's poorest neighbourhoods is taking its greenhouse off the grid. Canadian green energy producer, Bullfrog Power, is giving Hope Blooms a grant to build a solar array and battery backup.
THE CANADIAN PRESS

market minute

DOLLAR 76.01¢ (- 0.61¢)
TSX 13,661.82 (-48.49)
OIL $46.32 US (-$1.58)
GOLD $1,106.20 US (-$7.90)

NATURAL GAS: $2.262 US (+0.9¢)
DOW JONES: 17,867.58 (-50.57)

metro VIEWS
Your essential daily news
Thursday, November 5, 2015

EMMA TEITEL: ON PARLIAMENT'S CAST OF CHARACTERS

An institution without diversity is, if not inferior, infinitely dull. Which is why Prime Minister Justin Trudeau's historic decision to appoint a gender-balanced cabinet is brilliant.

When I graduated from university with a degree in English literature and began writing a column about current affairs, my biggest challenge was overcoming a profound lack of interest in Canadian politics. I watched CPAC — the televised proceedings of the House of Commons — in hopes of igniting a civic passion and instead discovered a soporific more powerful than 10 turkey dinners.

"Try to think about politics like daytime TV," a politically inclined friend advised me. "Picture every member of Parliament as a character on a soap opera, each one with their own back story and drama."

This method gave me some hope but was ultimately unsuccessful. For one thing, the proroguing of Parliament bore zero resemblance to The Bold and The Beautiful, or my all-time favourite soap, Passions. But more importantly, Canadian government, even at its most engaging, lacked something soap operas have in excess: a diverse cast of characters. On a soap opera there is, to name a few, the formidable patriarch, the weird aunt, the young stud, the vengeful love child and the ghost of her aborted twin. In Canadian government though, there seemed to be an overwhelming supply of one character and one character only: the formidable patriarch — in other words, the greying white man.

There is no crime or shame in being a greying white man, or a white man of any age or persuasion. In fact, I would be delighted if the new Liberal government added to its official platform a nationwide moratorium on the intensely stupid and increasingly popular word "mansplain." But an institution without diversity is, if not inferior, infinitely dull. Which is why Prime Minister Justin Trudeau's historic decision to appoint a gender-balanced cabinet is brilliant and, judging by the rapturous social media reaction to his swearing-in ceremony this week, also widely popular.

COLOURFUL CREW **Though it's not quite as thrilling as the cast of Passions, the House of Commons is getting the diverse leadership team it needs and deserves, writes Emma Teitel.** SEAN KILPATRICK/THE CANADIAN PRESS

Among Trudeau's new gender-balanced 31-member cabinet, sworn in officially at Rideau Hall where thousands applauded outside, are Jody Wilson-Raybould, the first aboriginal woman to hold the post of justice minister, Chrystia Freeland, the first woman to be appointed trade minister since the 1980s, and NGO director Catherine McKenna, who will serve as minister of the environment and climate change. The televised ceremony began with two little Inuit girls throat singing and then immediately cracking up, a thoroughly adorable moment which in turn made the Governor General, David Johnston and Trudeau crack up, too. When a reporter asked Trudeau after the ceremony why gender parity in his cabinet is important he said, simply, "Because it's 2015."

In other words, representation and the civic engagement it generates is not mere window dressing to more "serious" business. It is serious business in and of itself, and the notion that calculated fairness will sully a meritocracy that probably never existed to begin with is foolish and unconvincing. Trudeau's call for gender parity in cabinet has gifted Canadian government the diverse cast of characters it desperately needs and deserves. Mind you, it is a cast nowhere as interesting as any seen on The Bold and the Beautiful or Passions, but that's probably a good thing.

Representation, and the civic engagement it generates, is not mere window dressing to more 'serious' business.

In the end, it's hard to be a Grinch in Canada. Trudeau's swearing-in was rife with good feeling, a contagious vibe no matter your political leanings. And yet, though the Liberal government has every reason to celebrate its achievement in gender parity and youth civic engagement, it must be, in some ways, quite terrified. Expectations of this government are astronomically high — especially among millennials, who don't cleave to political parties the way their parents did and will likely have no problem shedding any loyalty to Trudeau the moment his "hope and change" Obama moment subsides and real governance begins.

Shortly before Trudeau's ceremony a spokesperson for the Liberal party reiterated on national television Trudeau's "openness" and ability to engage people from all walks of life. Harper's cold and insular government, full of crabby media-wary political operatives, we are told again and again, didn't pan out. Everybody chose "Sunny Ways." Sunny Ways, Sunny Ways, Sunny Ways: It is the Marsha Brady of political slogans. And perhaps it's time the Trudeau government considered retiring the phrase — even in light of its many wins. Because though things are looking up for Trudeau — and indeed, they really are — cloudier days full of uncomfortable compromise lie ahead.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

Stick figures and tea: The new stealth tactics to teach sexual consent

Note to self: When broaching a sensitive subject, use stick figures, and, if possible, tea.

Even the most defensive will surely be somewhat charmed by the thought of cosy, friendly orange pekoe. And stick figures are inherently funny, like pugs in tutus or cats attacking babies (just Google it).

Thus, we have the viral consent video, which is not a phrase I ever expected would make sense, but now does. It's medicine masquerading as comedy, information in the guise of absurdity. Change, one hopes, via a laugh.

The video, written by Rockstar Dinosaur Pirate Princess and created by Blue Seat Studios, illustrates a lesson in consent by comparing offering to have sex with someone to offering them tea. The basic message: If the sex you're about to have is comparable to forcing someone to drink tea, then stop.

"Don't make them drink tea, don't get annoyed at them for not wanting tea. They just don't want tea, OK?" the voice-over explains, while a stick figure gets angry and then pours tea into another stick figure's mouth.

"And if they're unconscious don't make them tea. Unconscious people don't want tea, and they can't answer the question, 'Do you want tea?' because they're unconscious."

Right? So funny.

But hopefully also useful. Hopefully, those who may have not understood consent (like some people I've known) will be caught up in the hilarious and disturbing image of one stick figure forcing another stick figure to drink tea, and think, Hey! That makes a bit more sense, now.

I also felt like the issue reached new clarity thanks to the comparison.

That's certainly the goal of Blue Seat Studios owner and creative director Rachel Brian. Brian told me some have criticized the video by arguing it won't stop rapists from raping people, but she finds that reductive, and I agree.

"There are many cases of sexual assault where the person doesn't intend to be a rapist," she said. "I think the idea that it's, you know, this evil-versus-good thing, and if you're just a good person there will never be a problem, is a little bit naive."

Brian added: "It is not a preachy video and it doesn't assume that people are terrible."

That's the key, friends. The video lets us all consider how to be more considerate about sex without making some people defensive right off the bat. And, Brian added, the video has even helped some assault survivors finally believe it wasn't their fault.

So, stick figures and tea: The new stealth tactics.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR VANCOUVER
Jeff Hodson

ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

metro LIFE
Your essential daily news

JK Rowling says she's working on new children's book but no date has been set

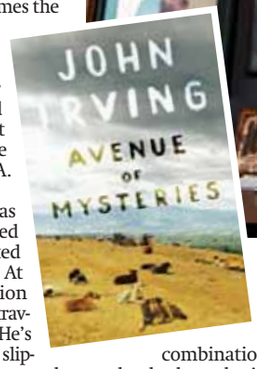
John Irving's frame of mind

AVENUE OF MYSTERIES

Long road to new novel spurred by a father's fear

Henrietta Walmark
Metro | Canada

John Irving in his Toronto office — the largest workspace he's ever had. LIZ BEDDALL/METRO



I stumble over John Irving's foot as I tuck myself into the snug booth. He stretches his arms up and out mimicking a giant arachnid as he blames the spider-like table legs for my misstep. It's an endearing icebreaker.

We're meeting over breakfast in a crowded Toronto bar to talk about his latest novel, Avenue of Mysteries (Alfred A. Knopf Canada, $35).

I momentarily feel as awkward and disoriented as the book's lame-footed protagonist Juan Diego. At 54, Juan is on a collision course of his own while traveling to the Philippines. He's off his beta-blockers and slipping in and out of dreams and memories of his 14-year-old self.

The story of Juan Diego and his sister, Lupe, is the 14th novel from the fevered imagination of Irving, author of bestsellers The World According to Garp, The Cider House Rules, A Prayer for Owen Meany and A Widow for One Year.

Avenue of Mysteries, by turns absurd, tender, profound and biting — or some riotous combination thereof — plumbs the author's favourite themes of religion, sex and fear.

It was Irving's good friend, photographer Mary Ellen Mark, who planted a seed of fear that over more than two decades grew into Avenue of Mysteries. In the late 1980s, Mark showed him her images of child performers in circuses in India. In 1990, Irving joined Mark and her film director husband, Martin Bell, in India where they lived with the Royal Circus while Irving drafted a screenplay called Escaping Maharashtra. When they couldn't get the movie made, a search for other circuses with young at-risk performers led them to Mexico.

"We saw some amazing circuses," says Irving. "You know the little curb around a ring? There were no bars. The lions just came into the ring and looked at all the children eating cotton candy and peanuts in the front row. You could have reached out and touched them," he says, reaching across the tiny table to touch my hand, laughing.

"The origins (of Avenue of Mysteries) are kids at risk and the unthinkable happening to a child," says Irving. "I wouldn't go see one of those circuses again if you paid me, but with every novel I've written there has to be an element that I am dreading even writing about. Because of how visceral my reaction is to something (unimaginable) ever happening to a child or grandchild of mine, the fear is autobiographical."

When we walk to Irving's nearby workspace, Metro's photographer and a book publicist join us in the large bright suite. A scrupulously tidy desktop stretches the length of a wall covered in family photos. His Oscar for The Cider House Rules screenplay sits opposite on the fireplace mantle. A treadmill separates the main room from a nook with two walls of wrestling pictures of his sons.

After showing us Mark's image of Pinky, the young Indian circus performer who inspired the character of Lupe, Irving poses for photos and the conversation turns to researching orphanages like the one Juan and Lupe live in for a time.

Irving recalls how his youngest son, Everett, wanted to revisit an orphanage while helping with research for the book. "The first time, (the children) don't look at you," says Irving. "The second time, they think you're coming for them." The author borrows publicist Evan as a prop. Approaching from behind, Irving shyly slips his hand into Evan's hand, saying, "This is what happens when you make a return visit to an orphanage."

In the open yet intimate workspace, defined by its images of the author as patriarch, father and family man, it's easy to imagine Irving taking that symbolic child's proffered hand and embracing his fears yet again.

ON HIS READING TABLE
Edmund White's Our Young Man (April 2016) "is the best novel I've read in a long time," says Irving.

IN THE WORKS

For the love of Garp
Irving is writing a teleplay of The World According to Garp for an HBO Warner Bros. mini-series. Having passed on two previous overtures to adapt his 1978 bestseller, Irving, now 73, says he didn't want to say no again.

High Speed Internet 30Mbps
Unlimited Usage
$29.95/mo
6-months Special offer
Free Transfer
Free Modem Rental
No Contract
Unlimited Canada Wide Home Phone $4.95/M
Join our winning agent team !
Please contact : kevinz@altimatel.com
altima telecom
604-800-2222
Call Us For More Details
www.altimatel.com

BOOK EXCERPT **THE BASSOON KING BY RAINN WILSON**

‘A tall, pimply, gangly teen’

Comedic talent Rainn Wilson chronicles how he developed his unique sense of humour in his memoir, The Bassoon King: My Life in Art, Faith, and Idiocy (on sale Nov. 10).

REPRINTED BY ARRANGEMENT WITH DUTTON, A MEMBER OF PENGUIN GROUP (USA) LLC, A PENGUIN RANDOM HOUSE COMPANY. COPYRIGHT © RAINN WILSON, 2015

Having studied piano as a kid and then clarinet at Kellogg Junior High, just north of Seattle, I went to my band teacher and told him I wanted to quit clarinet and play tenor sax. Saxophone was just way cooler. Guys in the sax section would crack jokes, goof off and wear sunglasses in class sometimes. Clarinet wasn’t pathetically loser-ish (I mean it wasn’t French Horn!), but it’s not the most masculine of instruments either. Sure there was a clarinet-like instrument in the Cantina scene in Star Wars, but let’s face it, clarinets are for girls in braces and Woody Allen. (Who loves girls in braces. Badum, dum!)

My band teacher, John Law (real name), really pulled a fast one on me. He said something to the effect of “well, you COULD play the sax, but we’ve just got SO many saxophones right now. You know what’s an amazing instrument? One that’s really cool and unique?” I was all like “What? What’s really cool and unique!?” He was like “The Bassoon.” And I was like: “Wow. THE BASSOON. What’s that?”

And with that manipulative interaction, a bassoonist was born.

The bassoon is ridiculous. They should be banned for being horrible, unnecessary and adenoidally grating.

It takes like an hour to assemble one. They’re enormous. It’s like they’re made out of Lincoln logs, aluminum twigs and paper towel tubes. There are these tiny double wooden reeds that you have to soak and trim and tend to all the time. There’s a strap that you actually have to sit on when you play so the whole thing doesn’t fall onto the floor like a bundle of garbage. And, after all that falderall, they end up sounding like an anemic donkey with laryngitis.

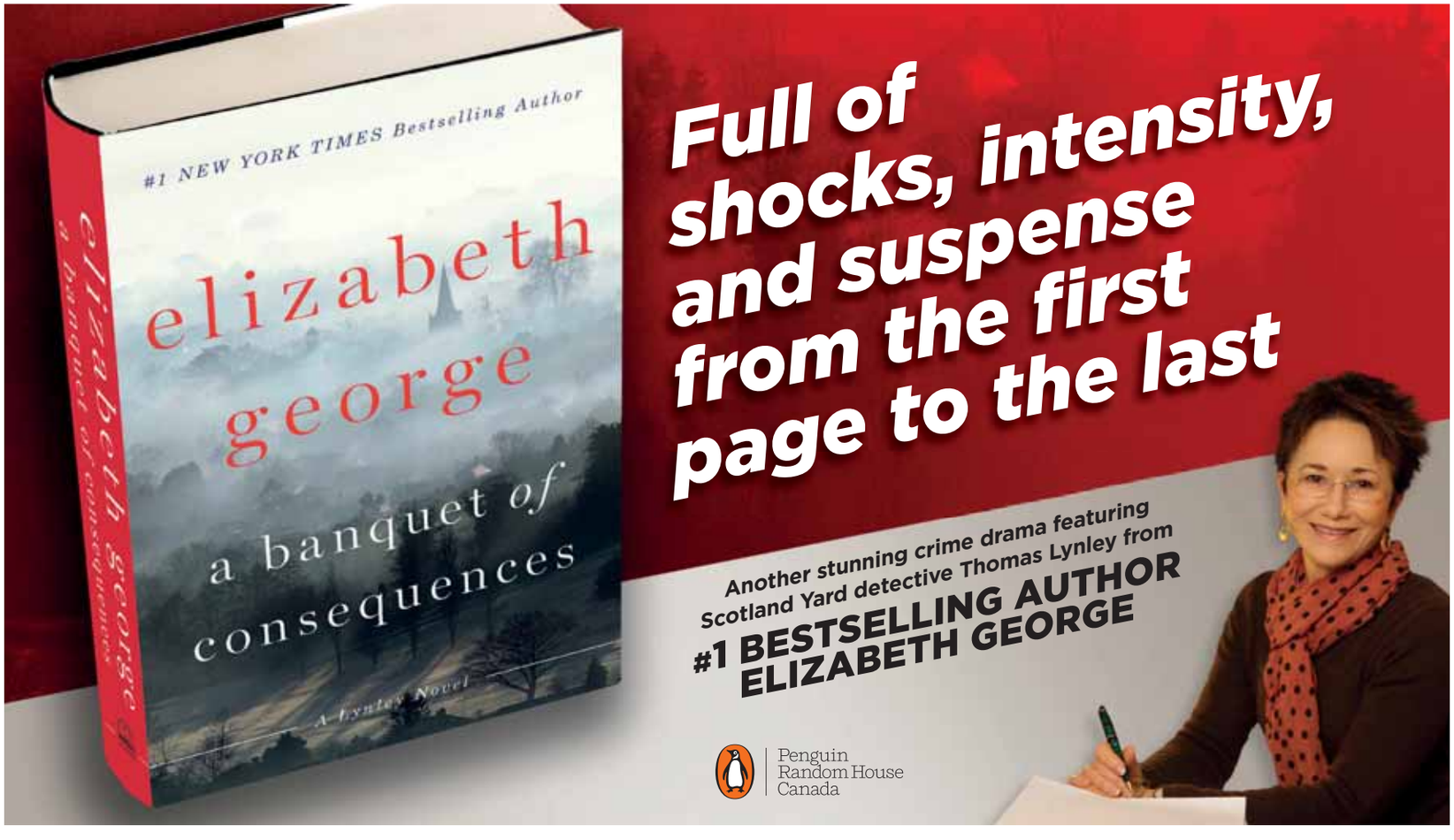
Later, after I was digging into my bassooning, Mr. Law was thoughtful enough to let the class know that originally the bassoon was called the ‘fagotti’ in Italian because it was like a faggot (bundle) of wood when you were carrying the pieces around. That went over really well. People in junior high just loved commenting in all sorts of interesting ways on me and my enormous ‘fagotti.’

I would also occasionally play in the pep band and marching band as a ... wait for it ... xylophonist. Our High School team was the Highlanders and thusly the marching band wore kilts and knee-high socks. If you went to a Shorecrest game or pep rally in 1982 or ’83 and saw a tall, pimply, gangly teen in a plaid tartan kilt with a xylophone strapped to his skinny chest, that was probably me. Also, it should be noted that the “cool” guys in marching band would go “commando” under their kilts as they played “Tequila” and “On Wisconsin” and floppily marched around like pubescent idiots.

As if the bassoon, xylophone and science fiction obsession wasn’t enough, I then took up an interest in chess. It’s as if the sirens of dweebdom lured me inexorably into their pimply lair, from which I never really returned.

So I joined the chess club at Shorecrest High School. The team was centered around two guys whose name sounded like shoe: Terry Hsu (Chinese dude) and Jeff Schuh (white dude). They were really good at chess and taught the rest of us dorks a ton. Terry was first board and Jeff second. Other team members were Blake Kremer (3rd board), David Potter (5th board) and me manning the 4th board. You see, a chess team is comprised of the five best chess players and you put them in order from 1st board to 5th. When you play another team, they bring their five best and you both have at it in a silent room with a handful of awkward, acne-draped spectators. We did pretty well with the “shoe” brothers and went to the state championship one of the two years I was on the team. We even beat the fancy-pants private school, Lakeside (alma mater of Bill “Fancy Pants” Gates). We crowed about that victory quite a bit, I can tell you.

Once the cheerleaders mockingly made a bunch of chess team banners for the school entranceway that said things like “CONGRATS CHESS TEAM STATE CHAMPS 82!” and stuff like that. Everyone at the school snidely guffawed and thought that was a total hoot and we slunk past the banners in shame. Jeff Schuh, however, had purchased a “chess” letterman’s jacket with a giant knight’s profile on the back and wore it around proudly. He was a nerd rebel and didn’t care what the majority of Highlanders thought of him. Like “Spock” and “Potsie Weber” from Happy Days he immediately became a nerd hero.


#1 NEW YORK TIMES Bestselling Author
elizabeth george
a banquet of consequences
A Lynley Novel
Full of shocks, intensity, and suspense from the first page to the last
Another stunning crime drama featuring Scotland Yard detective Thomas Lynley from
#1 BESTSELLING AUTHOR ELIZABETH GEORGE
Penguin Random House Canada

FREE
Teeth Whitening
(value $150)
When you get a new patient exam and cleaning
or
New patient exam, 2BWs radiograph, and cleaning for only $150 (regular price $300)

For caring and comfortable dentistry
Trust Dr. Michael Ho and Dr. Patricia Hunter

Ackroyd Dental Center
#110 - 8211 Ackroyd Road
Richmond, BC V6X 3K8
604.273.6011
www.patriciahunter.ca

TODAY'S HOROSCOPE:
metro
Neptune is suggesting that now may be the perfect time to get the Metro News App
Download the Metro News App today at metronews.ca/mobile

A history of comedy

INTERVIEW

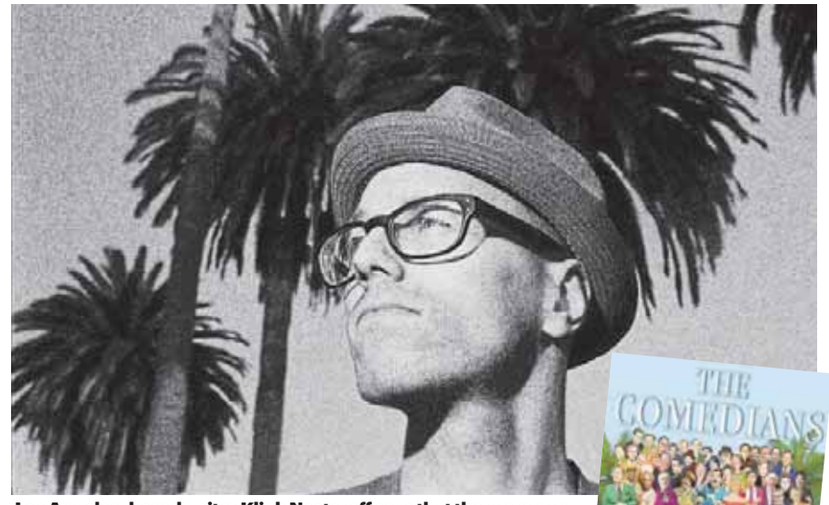
Ex-stand-up writes book on modern humour

Sue Carter
For Metro Canada

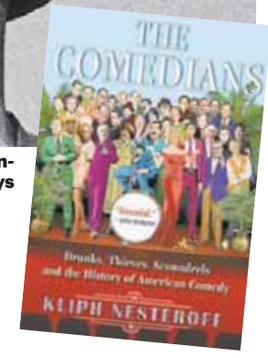
When Kliph Nesteroff murdered his alter ego, a crusty old comedian named Shecky Grey, using a prop breakaway bottle borrowed from Zach Galifianakis, it also killed his stand-up career.

But Nesteroff's eight years working for laughs was not time wasted. It gave him first-hand insight into a tough business and turned Nestoroff into one of the most entertaining and observant writers on the history of modern comedy.

Even before its release this week, Nesteroff's first book, The Comedians: Drunks, Thieves, Scoundrels, and the History of American Comedy, had already received props from funny guys like Bob Odenkirk, Andy Richter and Norm Macdonald. Steve Martin was so impressed he wanted to send copies as gifts to Martin Short, David Letterman and his former musical sidekick, Paul Shaffer. He even asked Nesteroff for help uncovering a foggy memory from his own past.



Los Angeles–based writer Kliph Nesteroff says that there are generational gaps in what people find funny, but hard work will always pay off, comically speaking. JIM HERRINGTON



Nesteroff believes comedians are responding favourably to the book not just because of his extensive research and interviews, but because he intimately understands their lives.

"I think the book has an undercurrent of insight that if were written by someone who had never done standup, or isn't funny or has no experience in comedy, it would missing that element," he says.

"You might not be able to put your finger on what's missing, but I really believe I have an inherent understanding and grasp of the struggle of the lifestyle."

The Los Angeles–based writer got his comedic start in 1998 at open-mic nights at Toronto's Gladstone Hotel, performing to an indifferent audience of hard-luck, fist-fighting addicts, well before it became one of the city's most respected cultural venues.

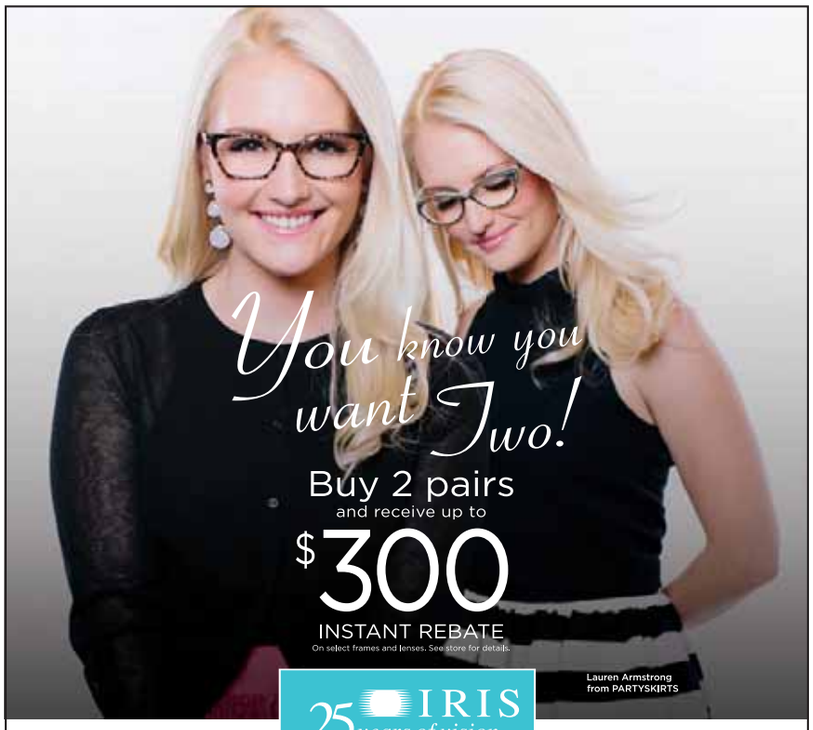
After a few years performing in Vancouver as Shecky Grey, Nesteroff moved to L.A., where he made his name writing about the history of the entertainment industry for the New Jersey radio station WFMU and hosting live events with comedic legends such as Mel Brooks and Fred Willard.

The Comedians covers broad territory, from the rise of vaudeville theatre in the early 20th century through to the game-changing introduction of television and current podcast idols like Marc Maron. Although the industry has changed dramatically — no more mobster-ordered shootings or Communist blacklists — performers still experience many of the same pressures of past generations, such as the late-night temptations of drugs and alcohol and the inevitability of being perceived by younger audiences as "square."

"No matter how cool the current flavour of the month is, 40 years from now, people are going to look at Chris Rock and Zach Galifianakis as out of touch. That's the undeniable tragedy of comedy," says Nesteroff.

Jokes go out of style, and kids aren't going to find Jack Benny or even Jerry Seinfeld as hilarious as their elders do, but Nesteroff says there has remained one constant over a century of comedy. "If you're naturally funny and you do standup regularly and long enough, eventually you'll become great," he says. "That's the same in the 1920s as it is today."

Sue Carter is the editor at Quill & Quire magazine.



25 years of vision IRIS

Fairmont Medical Building
604.873.2448
Dr. Peter Mulhall
Dr. Marnie Spino
Optometrists

806 West Hastings
604.681.7202
Dr. Sam Epstein
Optometrist

1813 West 1st Ave.
604.732.5487
Dr. Peter Renke
Optometrist

Nikon
AIR MILES Travel and More
*Valid until November 22, 2015. See IRIS for more details.
®/™ Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and IRIS The Visual Group.

20% Off
Storewide Sale.
Includes All Regular Priced Fashion and Bra size One Pieces, 2 Piece Bikinis and Tankinis, Regular and Bra Size Separates, Polyester Suits, Mens, Kids, Cover-ups, Bags, Footwear and Clearance Items
14885 Marine Drive, White Rock
604.531.5666
www.beachesswimwear.ca

Politics, propaganda and lineups

NEW RELEASES

The French Revolution birthed queues, writer says

Writer David Andrews says lines are "essential to the machinery of modern life," yet some rail against them as evidence of the "machine-made man." ISTOCK

To queue or not to queue? And why is the queue you're not standing in always the best?

David Andrews went in search of answers and unearthed a world of science, history and cultural norms about the often stressful, sometimes nonexistent and usually time-consuming act of waiting in line.

He collected his observations and those of others in a new book out in November from Workman Publishing, Why Does the Other Line Always Move Faster?

Andrews' interest stems from his stint in the Navy and the time he spent during boot camp either lining up for things — chow, checkups — or at attention. He also recalled his childhood in the early 1990s in post-Communist Romania where his parents were missionaries, chasing lines for life's basics.

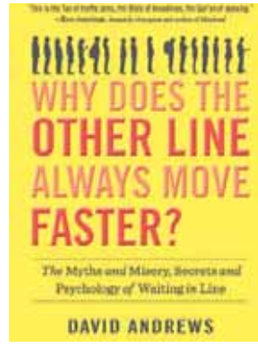
"There were long lines for everything. Milk, eggs, gasoline," he said. "You always carried around a bag just in case there was something for sale."

Andrews, 33, notes the United States wasn't always a nation of line standers. Agrarian-based societies have little use for the line, he explained. In the early years of cities, and still in spots around the globe, chaos is king, but starting as early as toddlerhood, Americans were slowly trained to respect the line.

Queues, Andrews concludes, in one form or another, are "essential to the machinery of modern life," yet some rail against them as evidence of the "machine-made man," ever-obedient and lacking outside-the-box creativity.

Birth of the queue

The modern concept likely made its way from revolutionary France to English shores around 1837, Andrews writes. He attributes the spread in part to Thomas Carlyle, a Victorian historian, satirist and social commentator who wrote a history of the French Revolution.



Among the head choppings by guillotine and street mobs Carlyle chronicled was reference in Paris to the queues — or literally in old French "tails" — at bakery shops, at a time of massive famine among the peasants.

"The slogan of the French Revolution was Liberty, Equality, Fraternity," Andrews writes, so to "patiently wait one's turn was to hold everyone as equals." Or as Carlyle put it: "Patriotism stands in queue."

In America, "we believe that all are created equal. So, too, do we stand in line," Andrews adds.

The myth that the British are willing, patient and even eager to stand in line dates to Second World War propaganda during a time of shortages and rationing, Andrews writes.

THE ASSOCIATED PRESS

IT'S OUR BIGGEST SALE OF THE YEAR
THE MORE YOU BUY, THE MORE YOU SAVE
25% OFF
selected Signature Series® window coverings*
Budget Blinds
Canada's #1 Choice for Window Coverings
Schedule your FREE In-Home Consultation today!
866-550-3918 // BudgetBlinds.ca
WINDOW COVERINGS SOLUTIONS FOR YOUR HOME OR BUSINESS
*Applies to selected Signature Series® window treatments by Budget Blinds.® Some restrictions may apply. Ask for details. At participating franchises only. Not valid with any other offers, discounts or coupons. Valid for a limited time only. Offer good at initial time of estimate only. ©2015 Budget Blinds, Inc. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, Inc. and a Home Franchise Concepts Brand. Each franchise independently owned and operated. Franchise opportunities available.
1,000s of looks. 100s of colours. 25 brands.
1 stylish you.
Woven wood shades with custom drapes

CONGRATULATIONS

to the winners of
LOTUS Awards 2015
Celebrating creative excellence
and innovation in advertising
and communications

GREAT WORK, WELL DONE.
LOCALLY.

LOTUS AWARDS 2015

ica Institute Communication Agencies

NOVEMBER 5, 2015

LOTUSAWARDS.COM

WHAT I'M WATCHING TRANSPARENT: SEASON 1, EPISODE 5 (SHOMI)

How writing a salad into a scene creates a more complex character

Johanna Schneller
For Metro Canada

Transparent's wedge salad scene reveals reams about Amy Landecker's character (pictured right). CONTRIBUTED

The Wedge

The three Pfefferman siblings (Amy Landecker, Jay Duplass and Gaby Hoffman), who are trying to cope as their father (Jeffrey Tambor) transitions to a woman in present-day, hipster Los Angeles, have just eaten lunch in a favourite restaurant from their childhood, one of those throwback places whose menu and decor are frozen in time.

Then they go visit their mother (Judith Light). The eldest (Landecker) holds out a doggie bag. "I brought you a wedge," she says, waggling it. Now that made me sit up, because a wedge salad is this crazy-specific L.A. thing, a chunk of iceberg lettuce, drenched in blue cheese dressing.

Why such retro food is a menu staple in a city that's all about skinniness and trendiness, I do not know, but it is.

So instantly, we're grounded in a particular place. Even better, as Landecker hands over the bag, she can't resist crowing, "I'm the only one who remembered!"

In that one-second gesture, we learn reams about her character. She's a full-grown woman in a complex situation (she's cheating on her husband with a woman), yet she still has the ingrained, unshakable habit of needing to be the "good" child, the favourite child.

She wants to be seen as unselfish, yet can't resist rubbing it in.

It makes me feel like this family's backstory is infinite, and that show creator Jill Soloway (who just won an Emmy, as did Tambor) can take us anywhere. Because of a salad.

Now that's great writing.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday

Lucy Lawless finds love for The Evil Dead

INTERVIEW

Actress talks about her hate for first film, her new role

Matt Prigge
Metro | New York

Lucy Lawless wasn't so happy with the 1981 horror The Evil Dead. But never say never: a decade-and-change later she was married to its producer, Robert Tapper, and working with star Bruce Campbell and filmmaker Sam Raimi on the shows Hercules: The Legendary Journeys followed by her starring role on Xena: Warrior Princess.

Now the gang is back together with Ash vs. Evil Dead, the new show that picks up with Campbell's Ash, the salty, one-handed, demon-battling hero of Raimi's Evil Dead series. Lawless plays Ruby, and though she's only around a bit in the first few episodes, she soon joins forces to fight the latest apocalypse.

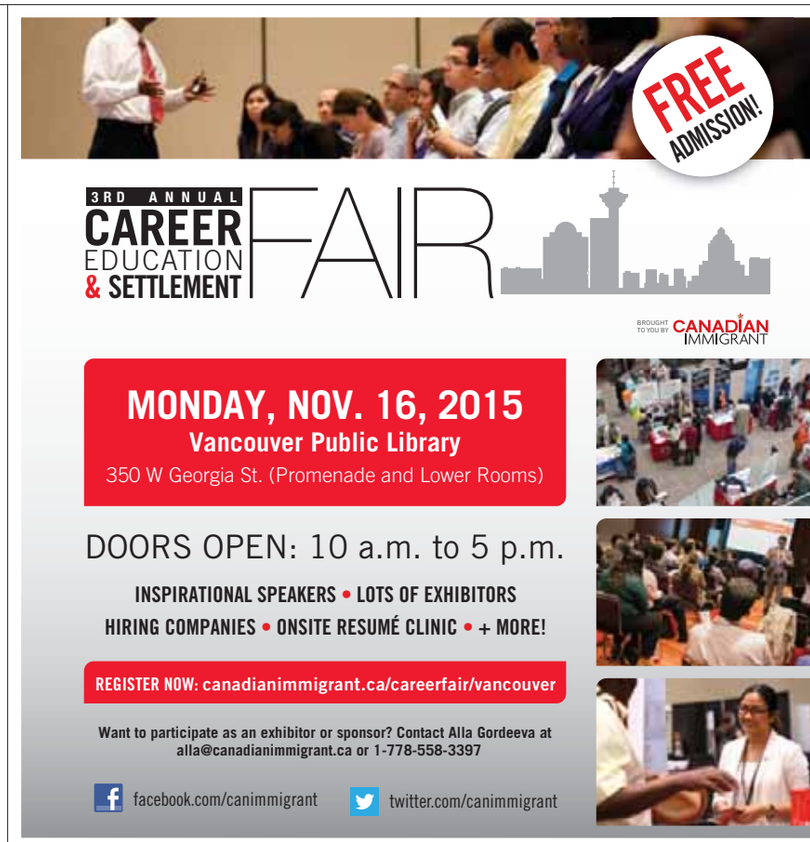
You only have what's basically a cameo in the first episode.
There was more to that scene, but Sam found it too mean-spirited, so he cut it out. It involved my character smoking like a train, and some little kid comes up to her and tells her her mommy thinks smoking is dirty. And the kid gets a cup of coffee in the face. It was funny, but a bit mean.

When you're acting with Bruce, you probably don't want to try and be too funny.
It's better you get to be Dean Martin to Jerry Lewis. I would describe my character as an irritant. Ash is on a mission to save the world and she's going to make it hard for him. She's introduced slowly in the beginning, partly because I was working on something else in the middle of the show. Ash builds this ad-hoc family of misfits, and then you bring someone in who's going to f— it all up.

I heard the first time you saw the original The Evil Dead you were nonplussed.
I got up and walked out. I couldn't watch the rest of it. I thought these people should be in the ground. Then I was married to one of them 12 years later.

What caused the about-face?
I saw the second one, which was completely genius. Even though I was never into the Three Stooges, I could see this Bruce Campbell character was remarkable, throwing himself around the kitchen. A lot of that is the magic of Sam's sensibility. And the unseen member in that relationship is Bob Tappert, who I'm married to, who makes it all happen practically — who has the attention span to do that over a series. He's a phenomenally productive human being.

No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Calgary and Edmonton, AB, Winnipeg, MB, Vancouver, BC, Halifax, NS and Toronto and Ottawa, ON, who have attained the age of majority at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won in each market, each consisting of a double movie pass to "Love the Coopers." Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on November 3, 2015 and closes at 11:59 pm ET on November 5, 2015. To enter and for complete contest rules visit www.clubmetro.com.


FREE ADMISSION!
3RD ANNUAL
CAREER EDUCATION & SETTLEMENT FAIR
BROUGHT TO YOU BY CANADIAN IMMIGRANT
MONDAY, NOV. 16, 2015
Vancouver Public Library
350 W Georgia St. (Promenade and Lower Rooms)
DOORS OPEN: 10 a.m. to 5 p.m.
INSPIRATIONAL SPEAKERS • LOTS OF EXHIBITORS
HIRING COMPANIES • ONSITE RESUMÉ CLINIC • + MORE!
REGISTER NOW: canadianimmigrant.ca/careerfair/vancouver
Want to participate as an exhibitor or sponsor? Contact Alla Gordeeva at alla@canadianimmigrant.ca or 1-778-558-3397
facebook.com/canimmigrant
twitter.com/canimmigrant
PRESENTING SPONSOR
Scotiabank
ASSOCIATE SPONSOR
IELTS
GOLD SPONSORS
idp IELTS
CITY OF VANCOUVER

GOSSIP BRIEFS

Halle scary, exes say

You know what's worse than going through a messy public breakup with your short-tempered French husband? Having your other ex-husbands take to Twitter to chime in about it. Isn't social media the worst?

David Justice went on a Twitter rant about his ex. "Yup, me, Eric (Benet), Gabriel (Aubry) and Olivier (Martinez) were all her 'knight in shining armor,' until it ends. Then we all become the worst guys in history. Only the guys in the relationship with Halle know the real deal. There will be another, of course. He'll be called 'the best' until it ends," he posted, before insinuating that Berry had a surprise coming for Martinez in their custody battle.

"Just wait, Olivier. It's coming. She insinuated that her daughter wasn't safe around Gabriel. Look it up and see the reason. Just wrong."

That's all bad enough, but then Benet piled on with, "My man (David Justice) is tweeting some truth." Real classy, guys.

NED EHRBAR/METRO HOLLYWOOD

Serena Williams catches crook

In the pantheon of dumb criminals, this guy who thought he could outrun Serena Williams has got to be one of the dumbest.

The tennis champ took to Facebook to regale fans and friends with a tale of a dinner out for Chinese food ("delicious, I may add") turning into an audition for Wonder Woman. "When least expected, low and behold this common petty thief grabbed my phone and swiftly left," she writes in the post, which was accompanied by a photo of her photoshopped into a Supergirl costume.

"I jumped up, weaved my way in and out of the cozy restaurant (leaping over a chair or two) and chased him down. He began to run but I was too fast. (Those sprints came in handy) I was upon him in a flash!" She confronted her adversary, who played dumb and claimed he'd grabbed the wrong phone.

Sure, buddy. That explains the running.

NED EHRBAR/METRO HOLLYWOOD

Weak wide release for Steve Jobs

Kate Winslet with director Danny Boyle. ALL PHOTOS GETTY IMAGES

BOX OFFICE

Director Danny Boyle on complex films and sales

Danny Boyle admits Steve Jobs is a hard sell. The film about the Apple co-founder got disappointing figures when it opened wide across the U.S., taking only $7.1 million despite critical acclaim and two successful preview weekends on limited release.

Boyle was surprised by the film's box office numbers but says he's not interested in taking the easy route when making movies.

"You try and make complex films, not simplistic films. You also want to make them highly pleasurable as well," the 59-year-old British director said in an interview Monday.

"We did brilliantly the first two weekends," he explained. "Then they went too wide too soon and that's a mistake. But hindsight experts are always around on Monday mornings."

The movie, starring Michael Fassbender as Jobs and Kate Winslet as his right-hand woman Joanna Hoffman, comes from a script by Aaron Sorkin. Considered an award-season heavyweight, the Oscar-winning Boyle (Slumdog Millionaire, 2008) is confident the film will find its audience and says he won't be shocked if Fassbender and Winslet feature high on the upcoming trophy circuit season.

"I've been very lucky to be involved with a lot of very good performances over the years, and this is on a different planet, I think. I mean Fassbender and Winslet — and Seth Rogen is just extraordinary in his playing (Apple engineer Steve) Wozniak — so yes, I'm very, very proud," he said. THE ASSOCIATED PRESS

LIFESTYLES

Lil Wayne: Young money millionaire owes two 'milli'

Ned Ehrbar
Metro | Hollywood

Lil Wayne. GETTY IMAGES

Lil Wayne's problems are definitely Rich People Problems. The rapper's Miami Beach mansion was stormed by cops Wednesday to seize property in connection with a dispute he has with private jet leasing company the Signature Group, according to TMZ.

Law enforcement officials arrived to seize some "sizeable" assets from within the home because of Lil Wayne's failure to pay a $2 million judgment against him in his dispute with the company that came down in September. He's also on the hook for $200,000 in legal fees for the company.

The company initially sued Lil Wayne for failing to pay for two years of his three-year contract with them. Lil Wayne himself wasn't there to see the fracas, though. The rapper is currently in Los Angeles. According to paparazzi, he visited the Ace of Diamonds strip club Monday night. He might need a return visit to cheer him up after today.

buy beauty AND GET REWARDED
20x faster
SATURDAY, NOVEMBER 7 TO FRIDAY, NOVEMBER 13
20x THE SHOPPERS OPTIMUM POINTS®
WHEN YOU SPEND $75 OR MORE* ON COSMETICS OR FRAGRANCES.
FREE feels good™
Includes All Brands Of.
COSMETICS • SELECT SKIN CARE • HOSIERY • FRAGRANCES
JEWELLERY • HAIR COLOUR • BATH FOAM & GEL • NAIL CARE
SHOPPERS DRUG MART
*Offer valid on the purchase total of eligible cosmetics and fragrance products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes. Excludes bonus points and RBC® Shoppers Optimum® MasterCard® points and points associated with the RBC® Shoppers Optimum Banking Account. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cosmetician for details.

metro HOME
Your essential daily news

Faux furs, like this ottoman stool from Target, impart drama and cosiness to home decor

Wood reaches new heights

CONDO TRENDS

Vancouver among cities turning to wood in construction

Duncan McAllister
For Metro Canada

From the outside, they look just like any other six-storey midrise structures. It's what you don't see underneath that could be a potential game-changer for Canada's condominium construction industry.

Recent changes to provincial building codes have paved the way for wood-frame construction of midrise buildings up to six storeys in Ontario and B.C., where the current limit in most other jurisdictions is four storeys. Changes to the National Building Code of Canada are expected to follow suit.

As the condo industry embraces the growth of wood frame construction, we'll start to see more townhomes and midrise condos made from engineered wood materials. What does that mean for the prospective home buyer?

Benefits

The obvious advantage is cost. Analysts predict a reduction in construction costs of multi-residential and office buildings in the order of 10 to 15 per cent. That's after factoring in the added safety provisions mandated by the legislation.

Multi-storey wood frame construction is not a new idea. Take a look at the oldest parts of Canada's downtown cities and you'll find many fine examples of legacy construction: mammoth office buildings and warehouses framed with giant timbers and clad in brick.

These buildings have stood the test of time, and many have been transformed into the coveted and trendy loft and office spaces that fetch considerable sums today. For example, Winnipeg's Exchange District is known for its century-old timber buildings that rise up to eight storeys.

But the wood construction of today uses an entirely different class of high-tech materials, such as glulam, a cross-laminated timber product that makes it easier to prefabricate building components. Solid panels up to 20 metres long can be produced in factories with cutouts ready for window and door openings. These components are then shipped on site to form the walls and floors of the building.

Modern take

A new design trend is also underway that takes wood frame construction a step further. CABIN, a new, six-storey hybrid wood and concrete condo in Toronto, incorporates wood elements and accents on the exterior and interiors of the building in a modern interpretation of the Muskoka Lakes style.

According to CABIN developer Adam Ochshorn, "There's a movement up north and throughout Canada, on the west coast and on Georgian Bay, of not doing the typical type of A-frame construction from the '70s and building something more contemporary. That's what we're trying to bring to the city."

CABIN is a new boutique condo in Toronto's funky West Queen West neighbourhood. The six-storey condo is a combination of wood and concrete construction and boasts spacious, two-level suites with outdoor spaces.

TORONTO: CURATED PROPERTIES; VANCOUVER: ADERA DEVELOPMENT; OTTAWA: FARROW DREESSEN ARCHITECTS; CALGARY: MAPLE PROJECTS; HALIFAX: RE/MAX NOVA; WINNIPEG: STREETSIDE DEVELOPMENT; EDMONTON: ABBEY LANE HOMES

AROUND CANADA

Sail Condos, Vancouver
A new six-storey contemporary West Coast condominium by Adera Development. These urban apartment homes feature Wesbrook Village amenities close by and greenways connecting the community. B.C. allowed six-storey wood frame construction back in 2009.

360 Lofts, Ottawa
This 38-unit condo by Windmill Development is situated in the popular ByWard Market district. With its six-storey facade, it pushes the boundaries of wood construction in a way that resulted in an award in 2012 from the Canadian Wood Council.

TEN Mount Royal, Calgary
A new four-storey condo collection by Maple Projects, offering a Lower Mount Royal address. The City of Calgary approved the construction of six-storey, wood frame buildings in 2014.

20 Dawn St., Halifax
An example of four-storey wood frame construction in Halifax is this eight-unit apartment building located in the Fairview neighbourhood that was built three years ago.

Verve Tache North, Winnipeg
It's hard to tell that this is a wood frame building. The contemporary four-storey, 62-unit condo is located in the French quarter surrounded by historic sites. It boasts a rooftop terrace that offers views of the Red River, the Forks and downtown.

Solara at Skyview, Edmonton
Close to the heart of the city, this four-storey, wood frame midrise by Abbey Lane Homes is located on 127 Street in northwest Edmonton. The condominium offers buyers great value and provides generous floor plans, granite countertops and laminate flooring.

DESIGN CENTRE DIAMONDS ADD SOME SPARKLE TO YOUR SPACE

Karl Lohnes
For Metro Canada

Who couldn't use a stud or two around the house? Whether it be diamond tufting or studding, the look is everywhere in fashion and home decor for this winter. Add some and you'll create a glamorous space for yourself.

It's not made of gold or diamonds but it's worth a million in style. **Barbara Barry for Baker Diamond Chest, $10,500, studio-Bhome.com**

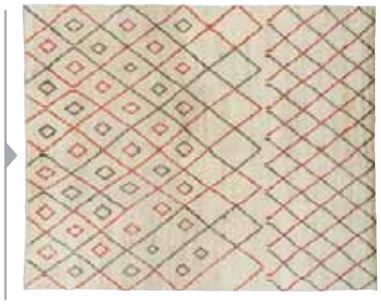
Add a sexy gold tray and you've got the best-looking, multi-purpose piece of furniture for entertaining over the holidays. **Fillmore Ottoman, antique black leather, $600, UrbanBarn.com**

You call it a planter, I call it a votive holder. **Colada Pineapple Vase, $6, CB2.com**

Rich golden velvet adds a luxe touch to the bed or sofa. **Studded Velvet Pillow Cover, $25, WestElm.com**

Show who's boss each morning. Limited-edition designs to personalize your morning coffee rituals. **Dot Collection Studded Cuff Mug, $14, Starbucks.ca**

Diamonds are forever. **Hand-knotted Royal Maroc Light Wool Rug, 8'x10', $1,050, eCarpetGallery.com**



LOUGHEED HEIGHTS

LIVE & PLAY AT A WHOLE NEW LEVEL

GET TO KNOW YOUR PLAYFUL SIDE AT LOUGHEED HEIGHTS

Come home to more than 24,000 square feet of resort-inspired amenities, fully equipped with an outdoor pool, sauna, gym, music rooms and more. Just steps from the future Evergreen Line, West Coquitlam is one of Metro Vancouver's most central urban neighbourhoods. To BlueSky is to think without limits, and Lougheed Heights is designed for living on a whole new level.

COMING THIS FALL. REGISTER TODAY.
blueskyproperties.ca

BOSA PROPERTIES | BlueSky PROPERTIES

This is not an offering for sale. Lougheed Heights is developed by BlueSky Properties (N.R. Tower A) Inc. Renderings, sketches, layouts and finishes are representational only. E&OE.

MILANO

HIGH LIVING · HIGH STYLE

PRE-VIEWING BEGINS NOV 7

PRESENTATION CENTRE
4247 LOUGHEED HWY, BRENTWOOD
OPEN DAILY NOON – 5PM (CLOSED FRIDAYS)

Sleek modern homes with European design, imported Italian kitchens, high end finishes, oversized balconies and air conditioning in every home

Luxurious building amenities include concierge, hot tub and steam room, guest suite, outdoor theater, BBQ, fire pit and more

1, 2 and 3 bedroom homes, including townhomes and featuring Solterra's signature Private Collection residences high above the 23rd floor

1 BED HOMES FROM $298,900
2 BED HOMES FROM $468,900

604.294.8989
MILANOLIVING.CA

solterra
(Milano) Limited Partnership

This is not an offering for sale. Any such offering can only be made by way of Disclosure Statement. Renderings, sketches, layouts and finishes are representational only. E.&O.E.

Get floored by paint possibilities

DIY PROJECT

Simple steps reinvent worn, faded hardwood

Worn and faded hardwood floors can drag down the look of a room. But having scuffed floors sanded down and re-stained can be expensive and messy.

One alternative that's gaining popularity: painting. You can add solid colour, stripes, or any imaginable stencilled or hand-drawn patterns to a floor.

Houzz editor Sheila Schmitz says some of the site's members who have embraced painted floors have done so with real creativity.

"We've seen homeowners reinvent their floors with glossy white paint, oversize stripes, checkerboards with alternating natural and painted finishes, and even more fanciful shapes," Schmitz says.

Here's how to do it.

Prep smart

The process is less labour-intensive than staining because you don't have to sand away every old scratch or stain. But that doesn't mean you can skip the step of prepping your floors.

Tom Silva, general contractor on the long-running PBS television series This Old House, says you have to start by cleaning the floor well, then scuff with sandpaper to create a slightly rough surface so the first layer of paint or primer will adhere. Primer isn't required if the floor already has some finish on it. But putting down a few thin, clear coats of primer can make it easier if you decide years from now to remove the paint.

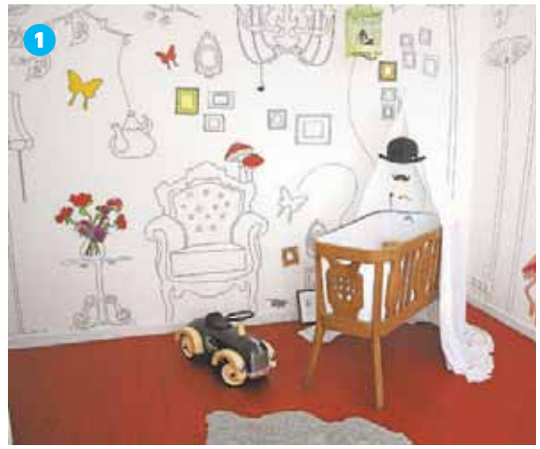
If you do prime the floor, use sandpaper to lightly scuff that clear coat after it dries to help painted coats adhere well.

Bold floor, neutral walls

Interior designer Camila Pavone was ahead of the trend in painting her kitchen floor in 2010. The room previously had green walls and a stained wood floor. Pavone switched the walls to a creamy white and covered the wood floor with jade green paint. She chose a formula called Break-Through!, which dries quickly and creates a harder surface than many other types of paint.

Because the kitchen is a high-traffic area, Pavone has repainted the floors once every two years to keep them looking shiny and scratch-free.

"It's a really fast project and normally only takes around two hours," she says. "I would totally do it again!"



Pick any pattern

Paint is perfect for entryways. Thick stripes, diamond or chevron patterns can make a small foyer seem bigger, drawing attention to an otherwise ignored space. Once the floor is cleaned and prepared, simply lay out your design with painters' tape.

Be careful to measure the width of stripes or the angles of diamonds or chevrons to make sure you've laid the tape in the proper places.

Consider using stencils to add a pattern to the floor of a larger space, like an enclosed porch.

Another option: Coat the floor with a semi-transparent stain or paint that allows the grain of the wood to show through. Once it's dry, use painters' tape to create a border around the room that you'll fill with a contrasting or complementary colour or pattern.

1 That cosy feeling
Rich red paint on the hardwood floor brings warmth and colour to this stylish, gender-neutral nursery.

2 Check it
A white and grey checkerboard pattern painted on this hardwood floor brings the elegance of a tile floor to this otherwise casual, unpretentious hallway.

3 Serenity now
This hardwood kitchen floor designed by Camila Pavone of Effortless Style Interiors is painted a soft shade of jade green with a glossy finish.

FROM LEFT: KARINA KALIWODA/HOUZZ.COM; HOLLY MARDER/HOUZZ.COM; CAMILA PAVONE/EFFORTLESS STYLE INTERIORS (ALL PHOTOS VIA THE ASSOCIATED PRESS)

Take time for top coats

Once you've finished, add one or several clear top coats for protection. You may be tempted to paint again as soon as one thin coat feels dry, but you'll get a much better result if you leave extra time. THE ASSOCIATED PRESS

A THRIVING COMMUNITY AWAITS YOU AT HYCROFT

It's the perfect lifestyle choice for families! Situated in a beautiful and well-established South Surrey neighbourhood, these large 4-bedroom rowhomes offer all the advantages of a single-family home, including walkout patios, fenced yards, finished basements and a detached garage. You'll love living close to parks, beaches and nature trails, and you can walk to Morgan Crossing, Southridge Academy, and the new Aquatics Centre. Plus Hycroft is freehold, which means no strata fees. The freedom and value are priceless. Limited homes remaining. Don't miss out.

FINAL RELEASE NOW SELLING

STREETSIDE DEVELOPMENTS
A QUALICO® Company

604 541 2495 hycroftrowhomes.com
16467 24 Avenue Surrey BC V3S 0C4

BEAUTIFUL HOMES PRICED FROM
$649900

Any prices exclude taxes. StreetSide Developments reserves the right to make modifications and changes to the building designs, specifications and features should they become necessary. Floor plans, elevations, room sizes and square footages are based on preliminary architectural drawings and may vary from the actual built home. E.&O.E.

Johnny Manziel is expected to start for the Browns (2-6) when they meet the undefeated Bengals (7-0) on Thursday night

Canucks' comeback too late

NHL

Vancouver cut down Penguins' three-goal lead but fall just shy

Cam Tucker
Metro | Vancouver

The Vancouver Canucks apparently didn't get the memo about the start time for Wednesday's game against the Pittsburgh Penguins.

The opening period was dreadful and dreary, and didn't get much better after that. Offside calls, icings and bad passes turned the first 20 minutes into a meandering collection of mishaps — and that suited the visiting Penguins just fine.

They held the lead after an early goal from David Perron on a deflection right in front of Vancouver goalie Ryan Miller.

Vancouver's rookie forward Jake Virtanen was unable to get the puck out of the defensive zone near the blue line, and seconds later the Penguins were celebrating Perron's first goal in 24 regular season games, a slump that dated back to March 15.

The Penguins wouldn't relinquish the lead, holding on for a 3-2 victory. Sidney Crosby and Eric Fehr scored for Pittsburgh in the third period, and they turned out to be critical goals, as the Canucks' furious comeback attempt fell short, and their record fell to 6-3-4.

Pittsburgh Penguins' left wing Chris Kunitz, left, tries to get a shot past Vancouver Canucks' goalie Ryan Miller during first period. The Penguins went on to dominate the contest. JONATHAN HAYWARD/THE CANADIAN PRESS

WEDNESDAY in Van City

3	2
PENGUINS	CANUCKS

There was luck involved, sure: After a sluggish start, the Canucks began to press in the second period, but they didn't score until late in the third period.

Jannik Hansen, arguably Vancouver's best forward on the night with several shifts of relentless energy, got the puck by Pittsburgh goalie Marc-Andre Fleury on a breakaway, but couldn't beat the post.

Shortly after, the former Penguin Brandon Sutter was denied in the slot as Fleury acrobatically threw his body in front of the puck. Throw style points out the window. This was an act of pure desperation and it worked.

The Canucks now embark on a seven-game road trip through the Eastern Conference and finally back out West, with featured stops in Ottawa, Toronto and Montreal before the trip concludes in Winnipeg on Nov. 18.

Vancouver forward Chris Higgins, who hadn't played since the pre-season due to a foot injury, made his regular season debut Wednesday. Sven Baertschi was a healthy scratch.

CFL

Lions' D eating up opposing pivots

You've heard it before — the adage that defence ultimately wins championships.

While it would be something of a stretch to proclaim the suddenly invigorated B.C. Lions as a championship calibre team — winners of two straight and playoff bound with a 7-10 record with one game left in the regular season — the defence appears to have transformed back into a play-making, formidable foe.

With the playoffs right around the corner, the timing of such a development couldn't be much better. Take, for instance, the Lions' much-improved pass rush.

Once debated as a weak spot of the defence earlier in the season, the Leos have suddenly found a way to get increased pressure and hunt down opposing quarterbacks. Sack totals have seen a sharp increase in recent weeks. The Lions had 21 QB sacks in the first 11 games of the season, but have had 25 in the last six games. That includes 11 sacks in the last two games — both wins.

It's a sudden and massive spike late in the season, when the sport puts added emphasis on winning the battle at the line of scrimmage in the post-season.

The Lions host the Calgary Stampeders in the regular season finale on Saturday at BC Place Stadium. The two teams will meet again in the West Division semifinal on Nov. 15 in Calgary.

CAM TUCKER/METRO

Raptors remain perfect

NBA

Toronto improves to 5-0 with win over Thunder

DeMar DeRozan scored 10 of his 28 points in the fourth quarter, and the Toronto Raptors overcame an eight-point deficit in the final six minutes to beat the Oklahoma City Thunder 103-98 on Wednesday night and remain undefeated.

Jonas Valanciunas had 17 points and 12 rebounds and Kyle Lowry added 17 points for the Raptors (5-0), who beat Dallas the night before. Toronto shot 42 per cent from the field, but benefited from 19 Oklahoma City turnovers.

Russell Westbrook scored 20 of his 22 points in the second half and finished with 16 assists. Kevin Durant had 27 points and Enes Kanter added 15 for the Thunder, who lost their second straight despite shooting 48 per cent. It was the first time this season the Thunder scored fewer than 100 points.

Midway through the fourth quarter, Toronto's Bismack Biyombo was called for fouling Westbrook on a screen, then disagreed with the call and was issued a technical. Durant made the free throw, then Westbrook hit a three-pointer on the extra possession to put the Thunder ahead 91-83.

Toronto clawed back into it, and a bank shot by DeRozan gave the Raptors a 99-97 lead with 47.3 seconds remaining. After Westbrook missed a layup, DeMarre Carroll made two free throws with 16.8 seconds left to make it a four-point lead.

Durant missed the second of two free throws, but the Thunder scrambled and forced a jump ball. Toronto won the tip, and DeRozan made two free throws with 9.3 seconds to play to seal the game.

Toronto will look to improve to 6-0 when it plays the Magic in Orlando on Friday.

THE ASSOCIATED PRESS

Raptors power forward Luis Scola, left, attempts a layup against Steven Adams of the Thunder in Oklahoma City on Wednesday night. SUE OGROCKI/THE ASSOCIATED PRESS

WEDNESDAY In OKC

RAPTORS	THUNDER
103	98

NHL

McDavid expected to miss months

Edmonton Oilers rookie phenom Connor McDavid was expected to undergo surgery Wednesday to repair a broken left collarbone, with a recuperation period expected to stretch into months.

"He'll be out indefinitely," Oilers general manger Peter Chiarelli told a news conference at Rexall Place.

"We're talking about months. We don't have a particular time frame, but as I said, plural, months. There will be plates and screws involved (in the surgery)."

McDavid was injured Tuesday night in the Oilers' 4-2 win over the Philadelphia Flyers.

Racing down the left wing toward the Flyers goal late in the second period, with Flyer defenders Brandon Manning and Michael Del Zotto beside him, McDavid appeared to lose the edge on his skate.

The trio fell and plowed hard into the end boards.

McDavid struggled to his feet and skated slowly to the bench.

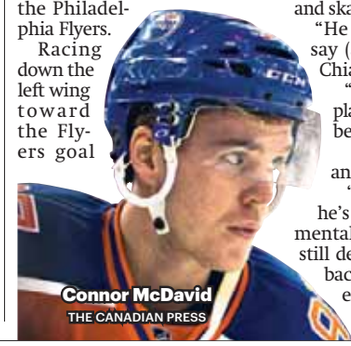
"He didn't have much to say (after the game)," said Chiarelli.

"He was upset. He loves to play the game and he won't be playing it for a while."

He said McDavid has age and character on his side.

"The silver lining is that he's young, he's a strong kid mentally and physically, he's still developing so he'll come back probably even stronger," Chiarelli said.

THE CANADIAN PRESS



Connor McDavid
THE CANADIAN PRESS

12

McDavid has five goals and 12 points in 12 games this season. He was named rookie of the month for October.

Snowboard champ Ricker retires

MILESTONES

First Canadian woman to win Olympic gold on home soil

Maëlle Ricker thought the knee injury she suffered last fall was just another bump in the road.

Concussions, broken bones, strains and sprains had sidelined the Canadian snowboarder in the past, and she always came back strong.

Ricker, who turns 37 next month, rehabbed hard in hopes of overcoming the recurring knee ailment, but when she rejoined teammates for a training camp at the end of August, she knew she had already run her last competitive race.

The first Canadian woman to win an Olympic gold medal on home soil, Ricker announced her retirement Wednesday.

"I've got a lot of mixed emotions — emotions that change by the minute," Ricker said.

"I really had the vision to keep going and keep racing. I've come back from injury many times before, and this was going to be another routine stop.

> **I still love it. I still love every aspect of it.**
> Maelle Ricker

"When I got back on snow ... a switch flipped inside, and I knew that I wasn't going to be able to get back in the starting gate with the ability I need to race and to really commit 100 per cent and be on the podium. I promised myself that if I couldn't get back to that spot, I wouldn't keep going."

Ricker was one of the stories of the 2010 Vancouver Olympics, winning gold in snowboard cross just two days after Alex Bilodeau became the first Canadian to top the podium at home with his victory in men's moguls.

The West Vancouver athlete was looking to defend her title at the 2014 Sochi Games, but Ricker broke her wrist in training less than three weeks before leaving for Russia. She was healthy enough to compete at the event but fell in the quarter-finals.

THE CANADIAN PRESS

Maëlle Ricker reacts while watching a video tribute to her career. BEN NELMS/THE CANADIAN PRESS

Service Directory

To advertise call 604.602.1002

EMPLOYMENT

iMARKETING

WE PUT THE *fun* IN FUNDRAISING

NOW HIRING

EXPERIENCED SALES STAFF

- Earn up to $700+ a week with guaranteed hourly wage + daily and weekly performance bonuses.
- Flexi schedule for top performers
- Paid every Friday
- Attached to SkyTrain Station
- Advancement opportunities
- Full time and Part time available
- Seniors and Students welcome

FLUENT ENGLISH IS A MUST!

Call Jatin at 778 928-9041 or 604 681-5779 EXT #2

BEAUTY

VCC Salon & Spa

Customized facials, only $25*

Mens cuts, only $8*

Book an appointment today!

Salon: 604.443.8332 | Spa: 604.443.8334

250 W. Pender St.

vcc.ca/salonspa

Offers expire on Nov. 30, 2015

BETTER BUSINESS BUREAU ACCREDITED BUSINESSES

COME VISIT US AT OUR SHOWROOM...

Featuring over 30 burning fireplaces on display

NAPOLEON

Delco fireplaces ltd.

20679 Langley Bypass, Langley, BC

604.530.2166 • www.delcofireplaces.com

skilled immigrant infocentre

Vancouver Public Library Central Library, Level 4

350 West Georgia Street

Phone: 604-331-3603

Web: *skilledimmigrants.vpl.ca*

Employment information for career decisions

A free service for immigrants to British Columbia

Vancouver Public Library

WelcomeBC

metro

Your Ad Here!

CALL 604.602.1002

FOR MORE INFORMATION

HEALTH AND WELLNESS

INDIAN ASTROLOGER PANDITH VINAYAK

Doing this from generations to generations

Face Reading | Hand Reading | Horoscope Reading

Perform prayers, solving problems in business, love, joy, jealousy, relationships, drug addiction, mental problems & immediate results

GIVES LIFELONG PROTECTION

REMOVE ANY KIND OF BLACK MAGIC AND BRINGS LOVED ONES BACK

PRIVATE & CONFIDENTIAL

604.617.8668

12232 80 Ave., Surrey B.C. V3W 2Z9 (Near Best Buy)

100% GUARANTEED RESULTS

SRI DURGA MATA ASTROLOGER, PALMIST

Meet World Famous Jotish

PANDIT LAKSHMI KANTH SHARMA JI

C.F.A. Ph: 604-518-8129

6526 Main Street – Unit 3, Vancouver BC V5X3G9: *Palika Bazaar beside A1 Class Jewelers*

Swamiji predicted ministers, movie stars, actresses and business people and many VIPs, they all get success. Awarded swamiji jotishya ratna in 2005. Do you need immediate guidance and solution for your problems? Meet Swamiji Once.

Swamji Specialist in Removing Black Magic & Evil Spirits

* Face Reading * Hand Reading* Horoscopes * Health & Business
* Money Problems * Evil Affection* Education & Work * Love Problem
* Children Mistakes * Sex Problem * Marriage Problems* Husband & Wife Problems

VEDIC ASTROLOGER & SPIRITUAL HEALER

Pandit Ravi Shankar

Born in Generations Spiritual Family.
Know your past, present & future

GET HELP IN *LOVE *RELATIONSHIP * FAMILY *CHILDREN *CAREER *BUSINESS *SPIRITUAL *NEGATIVITY *BLOCKAGE & MORE

604.725.2666 or 604.551.2266

RECIPE Turkey Meatloaf with Apples and Sage

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner is a combination of all our favourite fall flavours. Make a double batch so you have some waiting in the freezer on a busy night.

Ready in
Prep time: 60 minutes
Serves 4

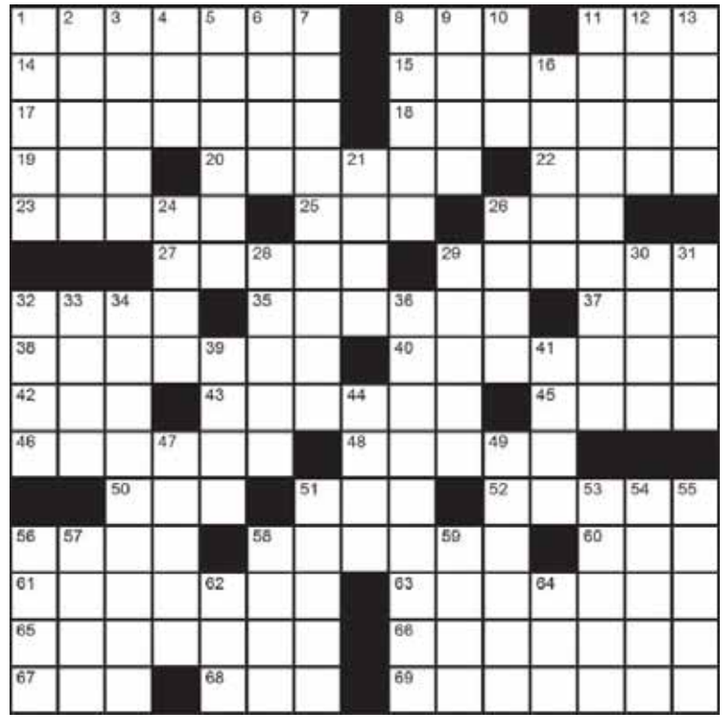
Ingredients
- 1 1/2 Tbsp butter
- 3 cloves garlic, minced
- 2 shallots, peeled and finely chopped
- 2 Gala apples, cored, peeled and sliced into small chunks
- 2/3 cup unseasoned bread crumbs
- 2/3 cup milk
- 2 lbs ground turkey meat
- 1 large egg, lightly beaten
- 1/4 cup apple butter, plus an extra Tbsp for tops of loaves
- 2 Tbsp chopped fresh sage
- 1 tsp salt
- 1/4 tsp ground pepper

Directions
1. Preheat your oven to 400 F. Grease mini loaf pan or baking pan.
2. In a large skillet over moderate heat, add the butter, garlic and shallots and cook for 3 minutes.
3. Stir together apple chunks, bread crumbs and milk in a large bowl and set aside for 5 minutes. Add your turkey, egg, apple butter, sage, salt and pepper and garlic mixture to the milk and combine well. Spoon the meat mixture into your loaf tins.
4. Bake in the oven on the middle rack for about 50 minutes or until the internal temperature of a loaf reaches 160 F. In the last minute of cooking time, brush the tops with some apple butter. Remove the loaves from the oven and allow to rest for 5 minutes then serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. The new 007 movie
8. Research site
11. _ boost
14. Skull-related
15. Lasting
17. Canadian comedian Mr. Peters
18. Prop for The Penguin
19. Chemical suffix
20. Readies oneself in golf: 2 wds.
22. Attend: 2 wds.
23. Prefix to 'frost'
25. American airer since '71
26. Bucharest money
27. Not _ _ in the world
29. Stinging nest pest
32. Russian ruler
35. Lizards like the GEICO commercials one
37. Deuce
38. Emmanuelle _, Montreal-born actress
40. Antlered creature of European woodlands: 2 wds.
42. Ad _ committee
43. Social news website
45. Sky bear
46. Flip the coin again
48. Ancient fabled man
50. Chg. card percentage
51. 1987 to 1994 'Star Trek' series, to fans
52. Paving stones
56. Gospel singer Ms. Winans
58. _ crackers
60. '80s band
61. Political pundit Ms. Huffington with a 'Post' website
63. Like a coming-soon out of stock item: 2 wds.
65. Daytime TV... "General Hospital": 2 wds.
66. '60s band, Wayne _ and The Mindbenders
67. Word before a bride's maiden name
68. Scale amts.
69. Gradually appears on the screen: 2 wds.

DOWN
1. _ paper
2. Trim
3. Reliever
4. Belonging to a Canuck train co.
5. Menswear accessory, variantly: 2 wds.
6. Rattle
7. Vegan songstress in Crash Test Dummies born in Selkirk, Manitoba: 2 wds.
8. Madagascar animal
9. On
10. Mr. Vereen
11. Come across
12. Mr. MacDermot (Canadian composer of Hair)
13. Margarine
16. "Understood."
21. On _ (Without a contract)
24. Husband: French
26. Misplace
28. Chills
29. Owl's calls
30. Lamb mothers
31. 1970 war movie, when tripled!
32. Professor, puny-ly
33. Velcro closure locale
34. North Pole stuff: 2 wds.
36. Painter of Canadian nature scenes, Cornelius _ (b.1815 - d.1872)
39. Alphabetic sequence
41. Trick
44. Mr. Carvey
47. "This world was never meant for _ _ beautiful as you." - Don McLean, "Vincent"
49. Donny & Marie _
51. Pitfalls
53. "Look, all done!" [pl.]
54. "_ _ _" (Response to 'What did you do next?')
55. Sandwich wrap brand
56. James or Scott
57. TV actress Kathryn
58. Annoying fly
59. Buffalo type
62. At present
64. Pathway [abbr.]

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If someone makes you a really good offer today, find out if there are any strings attached. If they are giving you something they will most likely require something in return.

Taurus April 21 - May 21
You may have to pay over the odds for something today but don't make a big deal of it. It's only money. Don't ruin what promises to be an otherwise enjoyable day.

Gemini May 22 - June 21
There is no point trying to keep a secret from those who know you best because they can read you like a book. No matter how embarrassing, own up to what you have done. Chances are they won't even care.

Cancer June 22 - July 23
Sometimes the best way to break bad news is to come right out with it. Try to let others down gently and it could prolong the agony — they might even turn against you.

Leo July 24 - Aug. 23
You won't be thinking straight, so avoid any spur of the moment decisions that will get you into trouble. Money matters, especially, must be approached with care.

Virgo Aug. 24 - Sept. 23
The more others pressure you to follow their example the more you must resist. You know what is best for you and anyone who doesn't respect your right to make your own decision must be told to take a hike.

Libra Sept. 24 - Oct. 23
Avoid situations where you don't feel in control. And avoid people whose main aim seems to be controlling you. You are a free spirit and you are entitled to come and go as you please.

Scorpio Oct. 24 - Nov. 22
Something is worrying you and you won't get over it by trying to put it out of your mind. The only way to deal with your fear is to face it and not be afraid of what you might find.

Sagittarius Nov. 23 - Dec. 21
Listen to your inner voice. If you let people persuade you that their aims should be your aims you will find yourself heading in a direction that takes you away from your goals.

Capricorn Dec. 22 - Jan. 20
Tread carefully when talking to loved ones. If they get the impression that you are telling them what to do they will react in a forceful way. Only give advice if it is asked for.

Aquarius Jan. 21 - Feb. 19
Be on your guard today. There may be no logical reason why you should be suspicious but on a deeper level you seem to know that all is not as it seems. Above all, don't commit yourself.

Pisces Feb. 20 - March 20
Someone will let you in on what they say is a secret but can you be sure they are not trying to mislead you? The planets warn that what they tell you will only be part of the story.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		3		8	4		1	
			9	1				7
6		9				2		
	2			7				4
7	5		2		1		8	3
8				4			2	
		8				3		1
5				3	6			
	3		7	9		4		

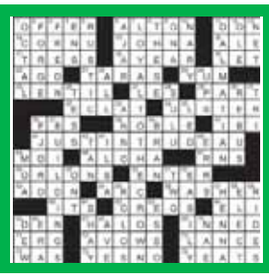
©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Want a $25 gift card for your opinion?
Join our Online Reader Panel by **texting 'metro'** to 236.237.1740 for a chance to WIN!
metro

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers.

for more fun and games go to metronews.ca/games



6	8	5	7	1	3	2	9	4
1	3	4	8	9	2	6	7	5
2	7	9	6	4	5	3	8	1
4	9	6	3	2	1	8	5	7
8	5	2	9	7	6	4	1	3
7	1	3	4	5	8	9	2	6
9	6	1	2	3	7	5	4	8
3	2	7	5	8	4	1	6	9
5	4	8	1	6	9	7	3	2

VANCOUVER FARMERS MARKETS

DROP-OFF YOUR RECYCLABLES WALK-OFF WITH YOUR VEGETABLES!

BRING OLD BROKEN OR UNWANTED SMALL APPLIANCES OR POWER TOOLS FOR FREE RECYCLING AND BE ENTERED TO WIN 500 MARKET DOLLARS!

NAT BAILEY WINTER FARMERS MARKET – NOV 7TH, DEC 5TH

HASTINGS PARK WINTER FARMERS MARKET – NOV 8TH, DEC 6TH

FOR A FULL LIST OF ACCEPTED PRODUCTS VISIT ELECTRORECYCLE.CA

ElectroRecycle

SMALL APPLIANCE & POWER TOOL RECYCLING PROGRAM

PRESENTED BY NISSAN
WE BANG TOGETHER. JOIN US.
VS
FINAL HOME GAME
SATURDAY
NOVEMBER 7TH
4PM
GET IN FOR JUST
$34
PLUS
TAX &
FEES
TO PURCHASE OR FOR MORE INFO, CALL 604.589.ROAR(7627) OR VISIT BCLIONS.COM